

SPRING 2010

SHOREVIEWS

Shoreview City Newsletter, Community Center News and Parks & Recreation Catalog



SHOREVIEWS



2010

FAMILY HEALTH AND FITNESS

EXPO

... geared towards families



Shoreview Pavilion

It's not too early to reserve your space for a family picnic, company event, or graduation gathering at the Shoreview Pavilion.

Picnic tables accommodate up to 125 people! Call to reserve your date: 651-490-4790.



FREE!

Bring the
whole family!

Join us for our first Family Health and Fitness Expo! This will be a **FREE!** fun-filled afternoon of activities that are designed to educate and promote healthier habits for both parents and kids. We will celebrate making fitness fun, introduce families to an array of Shoreview Parks & Recreation programs and Community Center fitness opportunities, while giving families some of the tools that teach healthy behaviors and tips for learning to take care of themselves for a lifetime.

During this event, we will be offering **FREE!** admission to the Shoreview Community Center! Bring the entire family and experience the wide variety of activities available for all ages. Free! fitness equipment orientations will be available in our state-of-the-art fitness center, demos for youth and adult fitness classes will also be offered, and enjoy family fun in the Tropics Indoor Waterpark and the Tropical Adventure Indoor Playground! Watch for a schedule of events for the day!

When?
Time?
Where?

Sunday, April 25th, 2010

3:00 - 6:00 p.m.

Shoreview Community Center

FEBRUARY 2010

*** Meeting dates/times/locations are subject to change. For more current information visit www.shoreviewmn.gov or call 651.490.4600.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 City Council Meeting 7 pm, CC	2	3	4 Bikeways And Trails Committee 7 pm, LC	5	6
7 	8 Economic Dev. Authority Council Wrkshp 5 pm, CC 7 pm, CC	9	10	11	12 Parent/Child Sweetheart Dance 6-8 pm, SCC	13
Recycling Week February 7-13						
14	15 President's Day City Hall Closed	16 Economic Dev. Comm. 7:30 am, UC City Council Meeting 7 pm, CC	17 EQC Speaker's Series "Protecting Lakes and Ground Water" 7 pm, CC	18	19	20
21 	22 Environ. Quality Comm. 7 pm, CC	23 Planning Comm. 7 pm, CC Resident Online Registration for Spring Programs	24 Human Rights Comm. 7 pm, CC	25 Park And Recreation Committee 7 pm, CC	26 Middle School Mania 7-10 pm, SCC	27
Recycling Week February 21-27						
28						

MARCH 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 City Council Meeting 7 pm, CC	2 In-person Registration for Residents & Community Center Members Begins	3	4 Bikeways And Trails Committee 7 pm, LC Online General Registration Begins	5	6
7 	8 Economic Dev. Authority Council Wrkshp 5 pm, CC 7 pm, CC	9 General In-person Registration Begins	10	11	12	13 Adult Drop-in Basketball 8-10 am Island Lake School See page 55
Recycling Week March 7-13						
14	15 City Council Meeting 7 pm, CC	16 Economic Dev. Comm. 7:30 am, UC	17 EQC Speaker's Series "Is My Lake Healthy?" 7 pm, CC	18 Public Safety Committee 7 pm, LC	19	20
Spring Break – Sign up for School's Out Camps p.48				FREE Fitness classes March 15-28		
21 	22 Environ. Quality Comm. 7 pm, CC	23 Planning Comm. 7 pm, CC	24 Human Rights Comm. 7 pm, CC	25 Park And Recreation Committee 7 pm, CC	26	27 Egg Hunt 9:30-11 am, SCC See page 43
Recycling Week March 21-27						
28	29 Spring Swim Lessons begin	30	31 Adult Drop-in Basketball 6:30-9 am Island Lake School See page 55			




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APRIL 2010

*** Meeting dates/times/locations are subject to change. For more current information visit www.shoreviewmn.gov or call 651.490.4600.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Bikeways And Trails Committee 7 pm, LC	2	3
4 	5 City Council Meeting 7 pm, CC Bocce Ball Begins See page 56	6	7 Adult Drop-in Basketball 6:30-9 am Island Lake School See page 55	8	9	10
Recycling Week April 4-10						
11 Tea for Two 1-3 pm, SCC See page 57	12 Economic Dev. Authority 5 pm, CC Council Wrkshp 7 pm, CC	13	14	15	16	17
18 	19 City Council Meeting 7 pm, CC	20 Economic Dev. Comm. 7:30 am, UC	21 EQC Speaker's Series "Personal Sustainability" 7 pm, CC	22 Park And Recreation Committee 7 pm, CC	23	24 Run & Romp 10 am, SP See page 43
Recycling Week April 18-24						
25 Family Health & Fitness Expo 3-6 pm, SCC See page 43	26 Environ. Quality Comm. 7 pm, CC Tennis Lessons Begin	27 Planning Comm. 7 pm, CC	28 Human Rights Comm. 7 pm, CC	29	30	

MAY 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 	3 City Council Meeting 7 pm, CC	4	5	6 Bikeways And Trails Committee 7 pm, LC	7	1 Dazzling Divas 9:30-11 am, SCC See page 43 8
Recycling Week May 2-8						
9	10 Economic Dev. Authority Council Wrkshp 5 pm, CC 7 pm, CC	11	12 Adult Drop-in Basketball 6:30-9 am Island Lake School See page 55	13	14 Middle School Mania 7-10 pm, SCC See page 51	15
16 	17 City Council Meeting 7 pm, CC	18 Economic Dev. Comm. 7:30 am, UC	19 EQC Speaker's Series "Lakeshore Restoration" 7 pm, CC	20 Public Safety Committee 7 pm, LC	21	22
Recycling Week May 16-22						
23	24 Environ. Quality Comm. 7 pm, CC	25 Planning Comm. 7 pm, CC	26 Human Rights Comm. 7 pm, CC	27 Park And Recreation Committee 7 pm, CC	28	29
30 	31 City Hall Closed					
Recycling Week May 30-June 5						

*** Meeting dates/times/locations are subject to change. For more current information visit www.shoreviewmn.gov or call 651.490.4600.

City Council

Sandy Martin, Mayor 651.490.4618
sandymartin444@comcast.net
Office Hours: Tuesdays 3-5 P.M.
at City Hall

Blake Huffman 651.484.6703
blakehuffman@comcast.net

Terry Quigley 651.484.5418
tquigley@q.com

Ady Wickstrom 651.780.5245
ady@adywickstrom.com

Ben Withhart 651.481.1040
Benwithhart@yahoo.com

City of Shoreview

www.shoreviewmn.gov
Phone: 651.490.4600

City

Terry Schwerm 651.490.4611
City Manager tschwerm@shoreviewmn.gov

Jeanne Haapala 651.490.4621
Finance Dir. jhaapala@shoreviewmn.gov

Tom Simonson 651.490.4612
Assistant City Manager/Comm. Dev. Director
tsimonson@shoreviewmn.gov

Jerry Haffeman 651.490.4751
Parks and Recreation Director
jhaffeman@shoreviewmn.gov

Mark Maloney 651.490.4651
Public Works Director
mmaloney@shoreviewmn.gov

Tower Interference 651.484.7510

Shoreview Area Library

4750 Victoria Street North
Shoreview, MN 55126
Phone: 651.486.2300
www.ramsey.lib.mn.us

Federal Elected Officials

U.S. Senator Amy Klobuchar
1200 Washington Avenue South, Suite 250
Minneapolis, MN 55415
Main Line: 612-727-5220
Main Fax: 612-727-5223
Toll Free: 1-888-224-9043

U.S. Senator Al Franken
320 Hart Senate Office Building
Washington, DC 20510
DC Phone: 202-224-5641
MN Phone: 651-221-1016
Info@Franken.Senate.Gov

U.S. Representative Betty McCollum
165 Western Avenue North
Suite 17
St. Paul, MN 55102
651.224.9191
www.house.gov/mccollum/contact.html

State Elected Officials

Governor Tim Pawlenty
Minnesota State Capitol
Room 130
75 Rev. Martin Luther King Jr. Blvd.
St. Paul, MN 55155
651.296.3391
tim.pawlenty@state.mn.us

State Senator Satveer Chaudhary-District 50
317 State Office Building
St. Paul, MN 55155
651.296.4334
Sen.satveer.chaudhary@senate.mn

State Senator Sandy Rummel-District 53
323 Capitol Building
St. Paul, MN 55155
651.296.1253
sen.sandy.rummel@senate.mn

State Senator John Marty-District 54
323 State Office Building
St. Paul, MN 55155
651.296.5645
Sen.john.marty@senate.mn

State Rep. Kate Knuth-District 50B
429 State Office Building
St. Paul, MN 55155
651.296.0141
Rep.kate.knuth@house.mn

State Rep. Paul Gardner-District 53A
581 State Office Building
St. Paul, MN 55155
651.296.2907
Rep.paul.gardner@house.mn

State Rep. Bev Scalze-District 54B
357 State Office Building
St. Paul, MN 55155
651.296.7153
Rep.bev.scalze@house.mn

County Elected Officials

Ramsey County Commissioner Tony Bennett
City Hall-220 Courthouse
15 W. Kellogg Boulevard
St. Paul, MN 55102
651.266.8350
Tony.Bennett@co.ramsey.mn.us

Post Office

4390 McMenemy Street
Vadnais Heights, MN 55127
Phone: 651.481.1951

Police

Police protection is provided by the
Ramsey County Sheriff's Department. The
District Office is located at 1411 Paul
Kirkwood Drive, Arden Hills, MN 55112.

**For non-emergencies call
651.484.3366**

For emergencies call 911

Fire

**For emergencies call 911
Dispatch, Non-emergency
651.767.0640**

Lake Johanna Fire Department
Fire Chief, Tim Boehlke 651.481.7024

Station 1

3246 New Brighton Road
Arden Hills, MN. 55126 651.633.0349

Station 2

4676 Hodgson Road
North Oaks, MN. 55127 651.484.3444

Station 3 (Headquarters)

5545 Lexington Avenue North
Shoreview MN 55126 651.481.7024

Station 4

3615 Victoria Street
Shoreview MN 55126 651.483.0767

Ambulance & Paramedic

Ambulance and paramedic services are
provided by Allina Medical Transportation.

For emergencies call 911

Hours:

Mon. 10 A.M. – 8:30 P.M.
Tues. & Wed. 1:30 P.M. – 8:30 P.M.
Thurs., Fri., & Sat. 10 A.M. – 5 P.M.
Sun. noon – 5 P.M.

Animal Control

If you wish to report a lost or found pet,
animal complaints or wandering pets, call
the Ramsey County Sheriff's Office non-
emergency number at 651.484.3366.
For other emergencies call 911.

All impounded animals will be impounded
at the following location:

Hillcrest Animal Hospital
1320 Highway 61
Maplewood, MN 55109
651.484.7211

Mon, Wed and Fri 8 A.M. – 6 P.M.
Tues and Thurs 8 A.M. – 8 P.M.

As we enter a new decade, we can all take great pride in what we have accomplished in the past and look forward with enthusiasm to Shoreview's future. We are fortunate to enjoy a wonderful quality of life—great schools, an outstanding park and trail system, numerous lakes and open space areas, a state of the art Community Center, good public services and programs, a low crime rate, quality neighborhoods with diverse housing opportunities, a strong and supportive business community, and easy access to vibrant cultural and work opportunities in St. Paul or Minneapolis. These many amenities were evident in 2008 when Family Circle Magazine named Shoreview “One of the 10 Best Towns in America to Raise a Family”. Achieving this high quality of life is the result of having a vision, setting goals, and a great deal of hard work on the part of many individuals and community groups.

That being said, we also recognize that many of our residents have suffered during the past few years with job losses, foreclosures, and investment losses due to the poor economy. As we look toward the new year, there is great hope that the economy has started to turn the corner and that we can look forward to a steady recovery and better economic times in the years ahead.

FINANCIAL CONDITION

Despite the loss of more than \$400,000 in Market Value Homestead Credit Aid from the State during the past year, Shoreview continues to be in excellent financial condition. The City Council and staff were proactive and made numerous expenditure reductions and other financial modifications to the budget early in 2009 to insure that we could continue our cost effective public services. In fact, the City portion of the tax bill for the median home in Shoreview continues to be the 4th lowest of 29 similar cities at \$693, 29% below the average of \$976.



As a result of the City's strong financial position, Standard and Poor's upgraded the City's bond rating to AA+. As part of their report, Standard and Poor's analysts cited the City's extensive level of financial planning, its conservative reserve fund levels, the low to moderate debt burden with rapid amortization schedule, and the City's extremely strong wealth and income statistics. In addition, our participation in the Twin Cities' economic base was noted with recent construction in the Rice Creek Corporate Park, growth in employment, and the diversity of our tax base. This bond rating places Shoreview in the top 12% of Minnesota government entities rated by Standard and Poor's.

Our 2010 budget anticipates the loss of an additional \$320,000 in Market Value Homestead Credit Aid. Again, through a series of expenditure reductions and revenue adjustments, the Council was able to adopt a balanced budget with only a 2.1% increase in general fund spending and without any significant changes to our service levels.

ECONOMIC DEVELOPMENT

Although the economic downturn has delayed some planned development projects in the City, Shoreview did experience some business expansion during the year. Early in 2009, the City facilitated the relocation of PaR Systems, a world-wide high tech robotics firm, into a vacant office/manufacturing building on County Rd. E and Victoria St. Through the use of tax increment funds

that were designated and restricted by State law for redevelopment, the City was able to keep a valuable business in the community, retain jobs, obtain significant reinvestment in a vacant office building, and return a former tax-exempt building to the tax roll.

In the Rice Creek Corporate Park located in northwest Shoreview, Personix, a leading manufacturer of credit cards and other document delivery services, and Key Medical, a medical equipment supply company, both expanded their businesses. Several new homes were constructed during 2009, primarily in the Snail Lake Landing subdivision located near the Snail Lake Regional Park. This 52 lot single-family development is nearly complete and has provided approximately \$40 million of new value to the City.



MAINTAINING QUALITY NEIGHBORHOODS

Over the past few years, the City has taken a number of steps to encourage maintenance and reinvestment in our residential neighborhoods. Shoreview, like most communities, has been affected by residential foreclosures, approximately 100 in the past two years. The City has been fortunate that most of these properties have resold and are now owner-occupied, however, our staff has made strong efforts to track foreclosed properties to insure that both property and yard maintenance is handled in a timely fashion during the foreclosure process.

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Our newly formed Economic Development Authority (EDA) has also been focused on the City's goal of maintaining quality neighborhoods and is looking at the following programs:

- Home Improvement Loan Incentives – providing low interest loans to owner occupied single-family properties for energy efficient related home improvements.
- Blighted Property Redevelopment – designed to allocate funding for the City to remove or rehabilitate blighted residential properties to enhance appearance and livability of our neighborhoods.
- Foreclosed/Vacant Properties – to proactively address foreclosed and vacant properties through participation in the Greater Minneapolis Housing Corporation “First Look” program and through continued code enforcement efforts to insure property and yard maintenance.

In addition, the City is continuing to license and monitor all rental properties in the City. The SHINE program that provides for proactive exterior housing inspections and code enforcement in selected neighborhoods has proven to be an efficient way to promote cooperative self-enforcement. Through our contract with the Housing Resource Center, technical assistance on remodeling and other home improvements is provided at no cost to Shoreview residents.



COMMUNITY CENTER AND PARKS

The Shoreview Community Center and Shoreview Commons area continue to be the major gathering place for our

residents. The numerous programs, activities and events at the Community Center account for more than 500,000 visits on an annual basis. During 2009, another major attraction was added to the Community Center—the Tropical Adventure Indoor Playground. This new activity has attracted several thousand users and has been a significant new revenue source that allows the City to maintain very affordable membership rates. Community Center memberships allow full access to the City's state of the art fitness center, the Tropics Indoor Water Park, the gym and running track, and the new indoor playground area. Our membership rates are extremely affordable and the monthly payment options makes membership even easier on personal budgets during these difficult economic times.



The very popular Farmer's Market is held every Tuesday and this year it runs from July through mid-October. Hundreds of people enjoyed the Concert in the Commons Summer Music Series and plans are already in place to attract another exciting musical line-up for 2010. We are also exploring the feasibility of an outdoor family movie night.

The renovation of Sitzler Park was accomplished in 2009. With those improvements, the oldest park in the City now exhibits some of the finest new playground equipment, a new picnic shelter, new landscaping and parking spaces, and electronic scoreboards for the two youth baseball fields. These

improvements were preceded by many meetings with area residents and Shoreview Area Youth Baseball to develop and updated Master Plan. A grand opening celebration is planned for this spring.



ENVIRONMENTAL INITIATIVES

Shoreview has been a leader in numerous environmental initiatives particularly in the area of water quality due to the number of lakes and wetland areas in the City. Shoreview was one of the first cities to adopt a phosphorus ban for lawn fertilizers more than 10 years before a State law was adopted. In addition, over the past several years, the City has worked to eliminate or mitigate many of the direct storm water discharges into Shoreview lakes, since this is a primary way for contaminants to enter the lakes.

This past summer, the City took another significant step forward by reconstructing streets in the Woodbridge Street neighborhood with pervious concrete. The use of pervious concrete eliminated the need for a traditional storm sewer system and also allowed us to get rid of a direct discharge into Lake Owasso. This unique approach to storm water management has achieved national attention and the project has already received awards from various associations.

In 2010, the City plans to expand and renovate the Maintenance Center building. This project is necessary due to a significant amount of deferred maintenance and building code related improvements such as a new roof, more energy-efficient heating and ventilation

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systems, and electrical improvements. At the same time, improvements will be made to provide for more efficient vehicle maintenance, storage, office areas and employee locker rooms. In our ongoing commitment to environmental initiatives, the City is seeking LEED Certification—Leadership in Environmental and Energy Design, for this project. One of the significant design items is reuse of rainwater from the roof for washing vehicles and other non-potable uses in the building. Although the anticipated cost of this project is \$5.5 million, the City is undertaking it at a time when the bidding climate is very favorable. The project is being financed through a General Obligation Bond issue and is timed to coincide with anticipated drops in our debt levy to minimize the impact on taxpayers. When the project is complete, the City will have a more functional Maintenance Center that will allow our staff to operate more effectively and a building design that better fits the Shoreview Commons area.

Although Shoreview has had conservation-based water rates for residential property since the early 1990's, we are now required by State Law to utilize these rates for all commercial and multi-family properties as well. This will result in some modifications of the rate system for all property owners. In addition, the City undertook a major project to replace 8,000 water meters with new, radio-read meters that will provide better accuracy and more efficient recording of water usage.

CONCLUSION

During the many years of my involvement with the City, I have become convinced that government, at the local level, can have the most significant impact on the quality of life we experience. Local government is the closest to the people and often



the place where government can be the most effective and most productive. It is here where “things really happen” and Shoreview is a great example of how constructive that can be.

Needless to say, government can't do it all, and that is one reason why I am so pleased and proud of the recent creation of the Shoreview Community Foundation. Through the efforts of a small group of community volunteers, the Foundation has been working to establish an endowment fund that will benefit future generations and provide for amenities that would be outside the capabilities of government. During the past year, more than \$85,000 has been raised toward that end. The Foundation provides a safe haven for memorial gifts, estate planning and gifts that commemorate the place where we raised our families and enjoyed our neighborhoods. Some initial grants will be awarded in 2010.

The City Council and I work very hard to make sure that our government operations are open and accessible to our residents, and that our citizens are well informed. We accomplish this

through televising the City Council and Planning Commission meetings, the quarterly ShoreViews newsletter and our recently renovated website. I also have open office hours from 3:00 p.m. to 5:00 p.m. on most Tuesdays throughout the year where residents can stop by and discuss issues or concerns.

On behalf of the City Council, I would like to first thank our many committee and commission members who volunteer their time and expertise to help make Shoreview a better place to live and work. I would also like to thank our entire City staff who are dedicated to providing quality service and programs to our residents.

I would also like to extend my personal thanks to my colleagues on the City Council – Terry Quigley, Ady Wickstrom, Blake Huffman, and Ben Withhart. It is a true pleasure to work with each of you and I know that you spend many hours working to make a positive difference in the City.

Thank you and my best wishes to everyone for a healthy, happy and prosperous 2010.

Paint-A-Thons

What is the Paint-A-Thon?

The Paint-A-Thon helps to keep low-income seniors and people with physical disabilities living independently in their own homes. Through the labor and generosity of volunteer teams, we restore not only the home itself, but the homeowner's sense of pride in their property and their community. Participating in the Paint-A-Thon is a great way to get to know your co-workers, fellow volunteers, or to spend time doing something truly worthwhile with friends or family.

How many homes does Paint-A-Thon paint each year?

Since 1984, Paint-A-Thon volunteers have painted more than 5,800 homes in the seven-county metro area. On average, volunteer teams paint between 125 and 150 homes per year, depending on the number of volunteers available. Paint-A-Thon assigns as many homes as there are paint teams. While there is never a shortage of qualified applicants, there is often a shortage of teams.

Who can have their house painted?

People who meet the following criteria:

- Applicants must own and occupy the

single-family home that needs painting. Paint-A-Thon does not paint duplexes, rental properties or homes the owner no longer occupies, nor do we prepare homes to go up for sale.

- The home must be in need of paint, but not major repairs. We paint exteriors only.
- Home must be in Anoka, Carver, Dakota, Hennepin, Ramsey, Scott or Washington county.
- Applicants must be over the age of 60, or have a permanent physical disability.
- Applicants must meet low-income guidelines, as listed in the application.



Metro Paint-A-Thon needs volunteer teams from corporations, congregations, and civic groups to paint the homes of low-income seniors and people with disabilities living in the seven-county metro area. Teams range in size from 10 to 40 members depending upon the size of the house. Generally, the time commitment involves two or three days of scraping and priming, in addition to the paint weekend. Most teams that have prepped their home in advance finish their painting in one day.

Teams are assigned to a house based on the number of team members, and their preference for house size and location. Paint-A-Thon not only matches teams with a home, but provides all the necessary paint, many paint supplies, and all the guidance and technical advice a team needs to have a fantastic volunteer experience.

To organize a volunteer team or to volunteer alone, contact Paint-A-Thon director Deidre Pope at 612-721-8687, ext. 321.

Shoreview Human Rights Commission Plans to Host Community Dialogue

The Shoreview Human Rights Commission is proposing a community dialogue to increase community members' awareness of the diversity of faith and spiritual beliefs in our community. The Commission's mission is to create a community where all

people are welcomed. The goal of the Commission is to bring together people who live, work, attend school and/or worship in the northern suburbs of Ramsey County to engage in a dialogue that bridges differences and builds a greater understanding across religious

and spirituality beliefs in order to promote peace, cooperation and unity in our community.

If you are interested in helping plan this event or becoming a sponsor, please contact Tessia Melvin at tmelvin@shoreviewmn.gov or 651.490.4613.

FOR INFORMATION CALL 651-490-4750

United States® Census 2010

CENSUS HISTORY

The first census took place in 1790 to determine the number of seats each state would have in the U.S. House of Representatives. The census also was created to gain a better understanding of where people lived and to establish patterns of settlement as the nation grew.

ABOUT THE CENSUS BUREAU

The Census Bureau was established in 1902. Today, in addition to administering the census of population and housing, the Census Bureau conducts more than 200 annual surveys, including the American Community Survey, the Current Population Survey and economic censuses every five years.

2010 Census Key Dates

February – March 2010

Census questionnaires are mailed or delivered to households.

March – April 2010

Be Counted program is implemented. Census questionnaires are available at select public sites for individuals who did not receive one by mail.

April 1, 2010

Census Day

May – July 2010

Census takers visit households that did not return a questionnaire by mail.

Dec. 31, 2010

By law, the Census Bureau delivers population counts to the President.

March 2011

By law, the Census Bureau completes delivery of redistricting data to states.

RESIDENTIAL RESOURCES

10 Minutes To Define Who We Are As A Nation

The Census: A Snapshot

What: The census is a count of everyone residing in the United States.

Who: All U.S. residents must be counted—both citizens and non citizens.

When: You will receive your questionnaire in March 2010 either by U.S. mail or hand delivery. Some people in remote areas will be counted in person.

Why: The U.S. Constitution requires a national census once every 10 years to count the population and determine the number of seats each state will have in the U.S. House of Representatives.

How: Households should complete and mail back their questionnaires upon receipt. Households that do not respond may receive a replacement questionnaire in early April. Census takers will visit households that do not return questionnaires to take a count in person.

A Complete Count: The Importance of Census Data

Every year, the federal government allocates more than \$400 billion to

states and communities based, in part, on census data.

Census data are used to determine locations for retail stores, schools, hospitals, new housing developments and other community facilities.

Census data determine boundaries for state and local legislative and congressional districts.

2010 Census Questionnaire: Easy, Important and Safe

With only 10 questions, the 2010 Census questionnaire takes approximately 10 minutes to complete. Households are asked to provide key demographic information, including: whether a housing unit is rented or owned; the address of the residence; and the names, genders, ages and races of others living in the household.

By law, the Census Bureau cannot share an individual's responses with anyone, including other federal agencies and law enforcement entities.



Cable TV Channel 16

Channel 16 features continuous programming, including public service announcements, broadcasts of the City Council meetings, the Planning Commission meetings and the Shoreview Today program.

City Council Meetings
Broadcast live 7 p.m. First and Third Mondays

Planning Commission Meetings
Broadcast live 7 p.m. Fourth Tuesday

2010 Official Shoreview Newspaper

The Shoreview City Council has designated the Shoreview Press as the official legal newspaper for the year 2010 for legal and public hearing notices.

Shoreview Salary Data

Minnesota State Law-Chapter 156 of the Sessions Law of 2005-requires that a city with a population of more than 15,000 residents must annually notify its residents of the positions and base salaries of its three highest-paid employees. For the City of Shoreview, as of January 2010, positions and salaries are: City Manager, \$130,416; Finance Director, \$120,349; Assistant City Manager/Community Development Director, \$116,522.

Frequently Asked Questions

1. Q. Who should fill out the census questionnaire?

A: The individual in whose name the housing unit is owned or rented should complete the questionnaire on behalf of every person living in the residence, including relatives and non-relatives.

2. Q. How will the 2010 Census differ from previous censuses?

A: In 2010, every residence will receive a short questionnaire of just 10 questions. More detailed socioeconomic information previously collected through the decennial census will be asked of a small percentage of the population through the annual American Community Survey. To learn more about the American Community Survey, visit www.census.gov.

3. Q. How are census data used?

A: Census data determine the number of seats each state will have in the U.S. House of Representatives. Census data also can help determine the allocation of federal funds for community services, such as school lunch programs and senior citizen centers, and new construction, such as highways and hospitals.

4. Q. What kind of assistance is available to help people complete the questionnaire?

A: 2010 Census questionnaire language assistance guides are available in a variety of languages. Questionnaire Assistance Centers (QAC) will also assist those unable to read or understand the questionnaire. Large-print

questionnaires are available to the visually impaired upon request, and a Teletext Device for the Deaf (TDD) program will help the hearing impaired. Contact your Regional Census Center for more details about the types of assistance available and for QAC locations.

5. Q. How does the Census Bureau count people without a permanent residence?

A: Census Bureau workers undertake extensive operations to take in-person counts of people living in group quarters, such as college dormitories, military barracks, nursing homes and shelters, as well as those who have been displaced by natural disasters.

For more information about the 2010 Census, go to www.2010census.gov.

Streets to be swept in March

The Public Works Department will begin its annual street sweeping in March. It is important to remove the salt residue as quickly as possible in the spring. This minimizes the amount of debris that runs off into the storm sewer system and ultimately into Shoreview's lakes. Crews work between the hours of 5 a.m.-8 p.m..



The first round of sweeping is expected to collect 95 percent of the debris. Some of the streets may still have snow on them, so crews will return to do a more thorough sweeping once all of the streets have been swept one time. As time permits, a second, and sometimes third sweeping are performed.

Spring Hydrant Flushing to Begin Late March

You may notice a color change in your tap water following the flushing of the water main. The discoloration is normal and will last only a short time after the nearby hydrants have been flushed. The discolored water is safe for drinking, but you may choose to reschedule laundry or other work that may be affected by discoloration. If you have any questions, call 651.490.4660.



Shoreview Community Foundation Invites 2010 Grant Projects

Thanks to the generosity of donors, the Shoreview Community Foundation invites local qualifying charitable organizations to send letters of inquiry proposing grant projects for 2010. Letters of inquiry are due by March 31, 2010, and will be the first step in securing a grant of \$500 to \$5,000. After receipt of letters, the Foundation's Grants Committee will meet with respondents to determine how to proceed in mutual satisfaction. Formal grant proposals and awards will then follow in late spring.

The Foundation's grant focus areas are: arts and cultural activities; recreational places such as parks, trails, open space, wetlands and woodlands; education and leadership development; historical preservation; and social and human services. Details of who are qualifying charitable organizations, requested contents of letters of inquiry and grant guidelines can be found at www.ShoreviewCommunityFoundation.org.

The Shoreview Community Foundation is a newly created community foundation organized by a group of local residents to fund grants to enrich the quality of life in Shoreview. The Foundation provides a permanent general endowment fund as well as facilitates a process for Shoreview residents and friends to make donations to specific charitable causes in Shoreview.

In its founding year of 2008, the Foundation raised nearly \$60,000 in donations. In 2009, contributions totaled nearly \$27,000 and came from a wide variety of sources. Description of the 2009 contributions show the variety of ways in which civic organizations, businesses, individuals and local family foundations can participate.

The first donation in 2009 was a unique contribution of 20,000 Yen (about \$225) from community hockey groups in Japan that are given in memory of former

Shoreview Mayor Dick Wedell. Civic and business groups in Shoreview contributed an additional \$3,200 in 2009. Cash contributors were the Jacobsen Memorial American Legion Post 487, Northview Dental, Deluxe Corporation, and Turtleman Triathlon. Two additional contributions of \$250 each were received from the Home Connection, a local realtor who contributed this amount from each Shoreview closing made.

During Fall Fundraiser on November 12, the silent auction showcased in-kind donations from many local businesses. Over \$6,300 was raised from the silent auction and admission.

On "Give to the Max Day", November 17, the Shoreview Community Foundation received individual contributions of \$3,770 as part of the launch of GiveMN.org, a website set up for all Minnesota charities, churches and non-profits to encourage on-line giving.

The Foundation also received a \$5,000 donation from a long-time Shoreview resident's charitable lead trust that she established prior to her death and a \$1,500 donation from another local family foundation. Additionally, over \$4000 worth of appreciated stock was donated by a Shoreview resident.

Besides making a direct donation, donors may give to the Shoreview Community Foundation in their will, establish a fund in memory of a loved one or plan a gift to the Foundation as part of overall estate planning. All donations are tax-deductible.

Potential donors can obtain additional information by visiting the Foundation's website at www.ShoreviewCommunityFoundation.org or donate at GiveMN.org.

New Website Offers New Opportunities for Community Organizations

The City of Shoreview recently created a new website to help with navigation and create more online tools. In addition, the website now has a Community Page. This page is dedicated to community organizations. The information reflects community events and announcements around the Shoreview community. If you would like to post information about a community organization, or an upcoming event, please contact communications@shoreviewmn.gov. All news and events must be approved by City staff.



ShoreViews Offers Community Organizations Opportunity to Post Events

With the new look of the ShoreViews, we have added a Shoreview calendar. Traditionally, this calendar has been for City meetings. We would like to create a community calendar for residents. Community organizations are encouraged to send their events, date, time, location and brief description to communications@shoreviewmn.gov.



Think Spring By Applying For A Shoreview Green Community Award

Can't wait for the end of winter? If you use best management practices to infiltrate storm runoff—especially through a rain garden, shoreline buffer or native habitat garden—you can get a head start on spring by applying now for a 2010 Shoreview Green Community Award.

This year, more people than ever can take part in the program:

- Businesses and non-profits, including churches, can apply for awards—as can individual property owners—if their property is located in Shoreview or the Grass Lake Watershed in Roseville.
- Award winners decide whether to participate in the self-guided Shoreview Green Community Awards tour.
- Each property that does participate will be on the tour one afternoon only.

Award winners will receive recognition by the City of Shoreview, as well as a framed photo of their property and an attractive sign for their shoreline or yard. They'll also have the satisfaction of being part of a program that educates the public about improving water quality.

Here are the important program dates for 2010:

Now

Applications are available at the Shoreview City Hall and online at <http://www.shoreviewmn.gov/>

June 1

Application deadline (postmark date)

July 6

Winners notified

July 23 – 24

Winners announced at Slice of Shoreview

July 31 – Aug. 1

Awards tour

Aug. or Sept.

Winners recognized at a Shoreview City Council meeting

This program is about education, for applicants as well as the public. Judges provide tips to applicants and recognize that every landscape is a work in progress. They give priority to gardens with a high proportion of native plants, plus extra points for rain barrels and permeable surfaces (e.g., paver driveways or patios).

The Shoreview Green Community Awards program is sponsored by the City of Shoreview, with volunteer assistance from the Shoreview Green Community. The sponsor acknowledges assistance from the Grass Lake Watershed Management Organization, the Rice Creek Watershed District and the Sierra Club North Star Chapter.

For more information, call 651.483.3935.

Know of a business or non-profit that you think should win an award? Show them this article and encourage them to apply. And talk to your neighbors who might want to participate.

Shoreview Garden Club Changes Meeting Dates

The Shoreview Garden Club will meet at the Shoreview Community Center on the **FIRST** Wednesday of the month at 7 p.m. A spring plant sale is held to raise money for their activities. Experienced gardeners or beginners are welcomed. For more information, call Sandi at 651.484.4341.



Community Band

Join the Shoreview Northern Lights Variety Band at its spring pops concert, An Evening at the Show on Saturday, April 12, 2010, 7:00 pm, Benson Great Hall, Bethel University. Tap your toe and reminisce as the band presents a musical showcase of your pop music favorites.

Be a part of this concert! Join the band. Members are wind instrument and percussion players, 16 years of age or over, with a desire to play music, serve the community, meet people, and have fun.

Under the guidance of Music Director Merle Danielson, the SNLVB is a 501(c) (3) non-profit organization, boasting over 60 members. The band rehearses at the Shoreview Community Center on Tuesday evenings from 7 – 9 p.m. Auditions are not required.

Visit www.snlvb.com for information about joining the band, ordering concert tickets and to sign up for the band's mailing list.



Learn How to Live Smarter

Many people are looking for ways to live smarter by using less energy, protecting our lakes and avoiding exposure to chemicals. Shoreview's Environmental Quality Committee can help you reach those goals.

This winter and spring the Committee is sponsoring a series of free presentations on various aspects of living greener.



Landscaping With Native Plants

February 17, 7 pm

City Council Chambers

Ryan Johnson

Mow less, enjoy more. Landscaping with native plants can add interest to your yard and cut the amount of yard work you have to do. You'll also learn about water friendly features such as raingardens, cisterns, and how to remove buckthorn.



Is My Lake Healthy? Using Biological Monitor to Assess Water Quality

March 17, 7 pm City Council Chambers
Will Bouchard

What bugs and plants should you see in a healthy lake or wetland? Water quality has traditionally been measured by looking for individual chemicals or observing physical characteristics of water bodies. Learn how biological monitoring can help us understand the health of water bodies and aquatic ecosystems.

Personal Sustainability

April 21, 7 pm City Council Chambers
Ami Voeltz

Simple steps we take in our everyday lives can add up to lessen our impact on the earth and improve our personal health. The editor of Do It Green magazine will share examples and give tips on things you can do to improve your personal sustainability.

Lakeshore Restoration

May 19, 7 pm City Council Chambers
Leonard Farrington

You can be a good steward of your lakeshore. Using buffer strips and native plants can prevent shoreline erosion, improve water quality and deter geese. Learn what you can do to improve Shoreview's water resources.



Benefits of Compost Bins and Rain Barrels

Save time and money using some old technology. Compost bins and rain barrels have been used for some time especially on farms and rural areas. Now they are becoming popular in urban and suburban areas.

By backyard composting you can keep organic wastes such as food scraps and grass clippings out of the trash while creating organic-rich finished compost for lawn and garden use. Food scraps such as fruit and vegetable wastes, breads, pastas, grains, coffee grounds, egg shells, and tea bags as well as weeds, non-woody shrub trimmings, faded flowers, and vines are among the things

you can put into your compost instead of your garbage.

Water captured in rain barrels can be used to water your lawn and garden. It also:

- Decreases volume of polluted storm water run-off reaching water bodies
- Diverts water away from your foundation, which can make it harder for water to seep into your basement.



Plastic Yard Waste Bags Banned Starting January 1, 2010

The State of Minnesota passed a new law banning non-compostable bags for yard waste. Most metro area residents will be affected by this, including Shoreview.

The current black plastic bags are a nuisance at yard waste sites because someone has to take the bags away from the compost.

Not all white bags are OK to use. The proper bags should have a U.S. composting council seal on the packaging. If you do not have bio-degradable bags, there is another option, you can bring the bags to yard waste sites, but you must dump out the waste and take the bags with you.

Haulers will not pick up the black plastic bags. Residents should be advised that the new bags will cost more, but prices are expected to drop a bit by next spring as retailers stock up to

meet the demand. These bags are made from bioproducts like corn and can be 33 to 50 percent more expensive.

Residents should be careful. Compostable bags are either paper, made from the same brown paper as grocery bags, or plastic, often with a clear or green-tinted opaque color. All acceptable bags will be marked as compostable and have an approved seal.

A lot of stores may have degradable bags, but unless they have the seal, they will not be approved. Some of the degradable bags may break down, but they do not disintegrate.

Allowable bags next year may be either paper Kraft bags (large brown paper bags) or compostable plastic bags, both of which are available in stores. Look for compostable plastic bags that state on the box they "meet ASTM D6400 standards for composting" and are



If you don't have bio-degradable bags there is another option; you can bring the old bags to yard waste sites, but after you dump out the yard waste, you must take the bags with you.

"compostable." Biodegradable or degradable plastic bags do not meet the state law requirements. Compostable plastic bags are usually clear or tinted an opaque shade of green, white or pink. If you have any questions, check with your refuse hauler.

Self-Service Drop-Off Site for Used Motor Oil and Filters

Ramsey County has a self-service drop-off site for residents to dispose of their used motor oil and oil filters. The site is located behind the Ramsey County Public Works Garage on Ben Franklin Road, about mile north of Highway 96 and mile west of Hamline Avenue. For driving directions call, 651.633.3279. For more information visit, www.co.ramsey.mn.us.

Household Hazardous Waste Collection Site

Ramsey County offers year-round Household Hazardous Waste collection in St. Paul at Bay West, Inc., 5 Empire Drive (between Rice and Jackson, just north of Pennsylvania Avenue, near the State Capitol). The site is closed on major holidays. December-March (Saturdays 9 a.m.-4 p.m.) April-October (Wednesday, Thursday, and Friday 11 a.m.-6 p.m.) (Saturday 9 a.m.-4 p.m.). For more information visit www.co.ramsey.mn.us.

Ramsey County Yard Waste and Brush Drop Off

Ramsey County operates a public compost site for the disposal of leaves, grass clippings, brush and other compost materials. There is no charge for the use of this site. For more details call 651.266.1155.



Flower Power

Volunteers interested in planting annuals throughout the City are encouraged to contact Gene Kruckenberg at 651.490.4665 or at gkruckenberg@shoreviewmn.gov. Early evening or weekend hours are available to accommodate all schedules. No experience necessary and instructions will be provided.

Shoreview's annual
SPRING Cleanup
Day will be held
Saturday, May 1,
from 8 a.m.-4 p.m.
Watch your mail
for more details.

Dirty Dozen: Shoreview's Top 12 Code Violations

The City of Shoreview strives to provide a high quality of life for its residents. This includes enforcing city codes that are designed to establish community standards, support public health and public safety. Help maintain our community's appearance and public safety by abiding by City Code.

To help you learn more, the City of Shoreview put together a list of the most common violations that were cited last year and an explanation of the Code or Ordinance that they relate to.

Refuse and Accumulation of Debris

Shoreview City Code states that it is a public nuisance for any owner or occupant to allow the accumulation, abandonment or storage of trash, rubbish or junk on private or public property. These conditions affect public health, appearance of the neighborhood and may result in dangerous or unsanitary conditions.



Overgrown Conditions City Code states that grass and weeds shall not exceed nine inches in grass plots, lawn areas and boulevards. Non-wooded vegetation on vacant properties shall not exceed 18 inches in growth height.

Outside Storage All materials and equipment must be stored within a building, with the exception of patio furniture, recreational equipment and firewood. Firewood is permitted within the side or rear yard area provided it is no closer than five feet from any property line and it is kept in a safe and neat stack no higher than six feet.

Garbage and Refuse In addition to having a garbage and recycling hauler, City Code requires all waste materials and garbage be kept in a closed container or stored inside a building. Refuse containers or recycling carts cannot be stored in the front yard of a property except on the day of collection by a licensed hauler.

What can I recycle?

- Glass bottles and jars
- Metal cans
- Plastic bottles with a neck
- Mail, office, and school papers
- Magazines and catalogs
- Newspapers and inserts
- Phone books
- Shredded paper in closed paper bags
- Cardboard boxes (See below for additional instructions)
- Cereal boxes, cracker boxes, pasta boxes, and cake mix boxes
- Shoe boxes, gift boxes, and electronic boxes
- Boxes from toothpaste, medications, and other toiletries
- Pop and beer cartons



If your recycling bin is too big or too small then you can contact the City contractor, Waste Management, and change it to an appropriate size. If you need a new bin please call 952.890.1100.

The City offers Cleanup Events every spring and fall where residents can bring charitable donations, electronics and garbage/refuse not accepted by hauler. For specific dates, check the City Calendar in May and October or contact Environmental Services.

Motor Vehicle Parking on Private Property

Vehicles may not be parked on boulevards, lawns or grass plots. Unlicensed and/or inoperable vehicles cannot be stored on property unless completely enclosed in a building.



Lack of Smoke Detectors and Carbon Monoxide Detectors

Not only is it a law, but it is a safety hazard. City Code and state laws require that operational smoke detectors and carbon monoxide detectors are required outside all bedroom doors within a reasonable distance and should be mounted in accordance with manufacturer's instructions.



Improper Display of House Numbers

City Code requires that house numbers be clearly visible from the street and be displayed on the house or principle building in numerals not less than four inches high. Numbers must be a contrasting color to the background and be made out of reflective material or painted with reflective paint. Failure to do this is not only a City Code violation, but may prevent Emergency Service Providers from responding during a threatening situation.



Streets Parking is not allowed on City streets between the hours of 2 a.m. and 5 a.m. Flexibility in the event of exceptional or unusual circumstances is allowed. Some of these exceptions include:

- Building construction
- Out-of-town guests
- Driveway construction
- Waivers for neighborhood parties

To request overnight parking for one of the above reasons, call 651.490.4650 and provide the following information:

- Name
- Address
- Home Phone Number
- Dates requested
- Reason
- Make, model and color of vehicle.

While parking vehicles on the street is not allowed. Residents are also reminded that any placement or storage of material on the road (dumpsters, piles of black dirt, rock and etc.) is not allowed.

In addition to parking, residents are responsible for proper disposal of yard waste. Residents are not allowed to blow grass clippings or leaves into the street for the City to pick up. The City

does not offer this service, and the leaves and grass clippings often get into the storm sewer.



Peddler Permits Each year the City receives a number of requests for a peddler permit. The City regulates this activity by requiring all peddlers to have a permit. Although concerns have been raised about door-to-door sales, interstate commerce regulations prohibit the City from prohibiting these types of sales. The only way the City can control door-to-door sales is to require a permit while they are doing business in Shoreview. Before you open your door, ask the peddler to see his or her permit. If the peddler does not produce a Shoreview permit, call the Ramsey County Sheriff's Department at 651.484.3366. A sheriff will be dispatched to the area to order the peddler to stop selling.

Rental Housing Licenses All rental properties must annually obtain a license for any residential home that is rented including detached single-family homes, a townhome and duplexes. If you are aware of any rental properties in your neighborhood that may not be properly licensed, call 651.490.4687.



Improper Permits The City reminds everyone that many home improvement projects require building permits. These include decks, garages, porches, fences, sheds, driveways, basement remodeling, egress windows, replacement siding and windows, driveways and roofing. For more information, call 651.490.4600.

In addition to building permits, residents are required to get grading/excavation permits. Residents or their landscaper must obtain a permit and/or erosion control for their project. Failure to do this results in a rainfall occurring and their yard ends up in their neighbor's yard or the City's storm sewer.

REMINDERS TO RESIDENTS

HOUSING RESOURCE CENTER

The City of Shoreview contracts with the Housing Resource Center to provide assistance on resources and guidance for home improvement and related financing needs free of charge. For more information visit, www.housingresourcecenter.org or call 651.486.7401.

S.H.I.N.E

Shoreview Inspections for Neighborhood Enhancement (S.H.I.N.E) is a program designed to educate residents and raise awareness on the importance of maintaining properties. If you are uncomfortable about discussing a concern with your neighbor, please call the Code Enforcement Division at 651.490.4687.

COMMUNITY CENTER

GENERAL INFORMATION AND HOURS

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Call for More Information

Community Center Information

651-490-4700

Recreational Programs (classes)

651-490-4750

Rental Information

651-490-4790

City Information

651-490-4600

Kids Care Hours*

Monday–Friday

8:30 A.M. – 12:30 P.M.

4:00 P.M. – 8:00 P.M.

Saturday

8:30 A.M. – 12:30 P.M.

CLOSED: April 3; May 28 (4-8), 29 & 31.

See p. 42 for details

*additional fee required

Community Center Information

- 14 laps equals 1 mile on the indoor track.
- One-rim basketball is played during open gym hours. No full court play during busy hours
- The Community Center is not responsible for lost or stolen property. Daily lockers are available for rent to secure your personal items. There are free mini-lockers across from the service desk for small items.
- Personal belongings and gymbags are not allowed on the track.
- Track & Fitness Center is open to ages 14-older.

Daily Fees

Includes admission to the Tropics Indoor Waterpark, Indoor Playground, Fitness Center, Gymnasium and Indoor Track.

	Rate*	Shoreview Resident*
Daily Pass		
Adult (18 and over)	\$ 8.25	\$ 6.75
Youth (1 to 17; under 1 free with paying adult)	\$ 7.25	\$ 5.75
Family* (Immediate family living in same household)	\$ 29.00	\$ 23.00
Seniors (65 and older)	\$ 7.25	\$ 5.75

*Family pass is limited to six individuals. Each additional person is \$4.00.

Indoor Playground Only (ages 1 to 12) \$ 4.50 \$ 4.50

Coupon Books (Includes 10 daily passes)

Adult	\$ 74.25	\$ 60.75
Youth/Senior	\$ 65.25	\$ 51.75
Playground	\$ 40.00	\$ 40.00

Senior Track Discount (65 and over)

Per visit	\$ 3.50	\$ 2.50
Punch card	\$ 28.00	\$ 20.00

*Sales Tax not included. Fees are subject to change.

We welcome payment by Visa and MasterCard.



Hours

	Community Center	Water Park	Playground
Mon & Wed	5:00 A.M. – 10:00 P.M.	4:00 – 9:00 P.M.	8:00 A.M. – 8:00 P.M.
Tues & Thurs	5:00 A.M. – 10:00 P.M.	6:00 – 9:00 P.M.	8:00 A.M. – 8:00 P.M.
Friday	5:00 A.M. – 10:00 P.M.	4:00 – 10:00 P.M.	8:00 A.M. – 8:00 P.M.
Saturday	6:00 A.M. – 8:00 P.M.	Noon – 8:00 P.M.	8:00 A.M. – 8:00 P.M.
Sunday	6:00 A.M. – 8:00 P.M.	Noon – 6:00 P.M.	8:00 A.M. – 6:00 P.M.

Holiday Hours Call 651-490-4700 for specific information.

Feb 15 (Pres. Day)	5:00 A.M. – 10:00 P.M.	Noon – 9:00 P.M.	8:00 A.M. – 8:00 P.M.
Spring Break			
(March 15-18)	5:00 A.M. – 10:00 P.M.	Noon – 9:00 P.M.	8:00 A.M. – 8:00 P.M.
(March 19)	5:00 A.M. – 10:00 P.M.	Noon – 10:00 P.M.	8:00 A.M. – 8:00 P.M.
April 4 (Easter)	6:00 A.M. – 4:00 P.M.	Noon – 4:00 P.M.	8:00 A.M. – 4:00 P.M.
May 31 (Memorial Day)	5:00 A.M. – 6:00 P.M.	Noon – 6:00 P.M.	8:00 A.M. – 6:00 P.M.

Lap Swim Hours

Monday–Friday	5:00 A.M. – Noon**
Monday–Thursday	9:00 P.M. – 10:00 P.M.**
Monday, Wednesday	4:00 P.M. – 6:00 P.M.**
Tuesday, Thursday	4:00 P.M. – 5:00 P.M.
Saturday	6:00 A.M. – 8:25 A.M.
Sunday	6:00 A.M. – Noon**

**Lanes are limited. Ask at the service desk for a complete schedule.

Drop-in Volleyball

Mon, Tues, Thurs	12:00 P.M. – 1:00 P.M.
Sunday	8:00 A.M. – Noon

Rate: daily admission or free to members.

55+ Basketball

Weds 11:00 A.M. – Noon

COMMUNITY CENTER

MEMBERSHIP FEES AND BENEFITS

Membership Fees

	Rate*	Shoreview Resident*
Annual Membership		
Family	\$ 630.00	\$ 488.00
Dual	\$ 562.00	\$ 443.00
Adult	\$ 374.00	\$ 286.00
Youth/Senior	\$ 295.00	\$ 232.00
Seasonal Membership (Three month)		
Family	\$ 250.00	\$ 205.00
Dual	\$ 230.00	\$ 180.00
Adult	\$ 165.00	\$ 125.00
Youth/Senior	\$ 125.00	\$ 100.00
Annual Membership Billed Monthly (With one year membership agreement)		
Family	\$ 56.50	\$ 45.50
Dual	\$ 49.25	\$ 41.00
Adult	\$ 34.00	\$ 27.75
Youth/Senior	\$ 28.75	\$ 22.50

*Rates do not include sales tax. There is a membership cancellation fee of \$100.

Persons aged 65 and older qualify for the Senior Citizen discounted rate. Youth are 17 and under. Dual Membership is two people residing in the same household. Family is immediate family residing in the same household and children must be under 22 years of age. Proof of dual and family member qualification is required.

Fees are subject to change.

We welcome payment by Visa and Mastercard.



Membership questions?

Contact Guest Services at **651-490-4739**.

Membership Fees Credits

The Shoreview Community Center participates with the following insurance companies, which offer monthly reimbursements up to \$20 toward qualifying annual memberships. Eligibility and workout requirements vary. Please visit our Guest Services Office for more information, or call 651-490-4739.

BLUE CROSS BLUE SHIELD OF MINNESOTA
BLUE CROSS BLUE SHIELD OF NORTH DAKOTA
UNITED HEALTH CARE · HEALTH PARTNERS · MEDICA · UCARE



Annual Membership Includes Unlimited Use Of:

- Fitness Center (14 years and older. Ages 12 and 13 must complete Teen Equipment Orientation)
- 30% off Group Fitness Classes
- Tropics Indoor Waterpark
- Tropical Adventure Indoor Playground
- Indoor Track (14 years and older)
- Basketball Courts
- Whirlpool (Adults 18 years and older)
- \$1 per hour per child Kids Care rate
- For non-residents, a special recreation program Registration Day and the ShoReview mailed to your home.

NEW! Membership Renewal Reward!

The Community Center will be offering FREE guest passes to all annual membership renewals.

NEW First Time Annual Members also receive:

Special **Experience Us** book, which includes

- 2 family guest passes
- 2 fitness drop-in class passes
- 2 Wave Cafe coupons
- 1 Kids Care sampler card
- 10% off Personal Training packages of 3 or more sessions

Experience Us book is designed to encourage new members to experience all the amenities the Community Center has to offer.



The Shoreview Community Center is the perfect place to spend time with your friends and family while getting your daily workout!

TROPICS INDOOR WATERPARK

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Enjoy the Metro Area's Most Affordable Waterpark!

Experience the excitement of Tropics Indoor Waterpark. You, your family, and friends will create treasured memories as you speed down the "Shark Attack" waterslide that's out of this world!

We provide a safe place to play for preschoolers and tots, providing them with ample room to scamper through the zero-depth "beach" area, ship-wreck slide, shallow water play area, and interactive play structure. Youth and adults can enjoy the thrill of the metro's most exciting indoor waterslide. Play water volleyball or slam-dunk the basketball in the palm tree hoop. Challenge yourself to the tropical water walk or climb aboard one of our giant floating sea creatures. We can fill your day with endless fun as you enjoy a tropical getaway at Tropics Indoor Waterpark.

Nothing can replace close adult supervision when using the pool. All children six years and under must be supervised by a paid adult swimmer. Supervisory adult must be within arms' reach of that child at all times.



Waterpark Hours

The Waterpark includes "Shark Attack" waterslide, beach boat slide, floating sea creatures, water walk, water volleyball and basketball.

Monday & Wednesday	4:00 P.M. – 9:00 P.M.*
Tuesday & Thursday	6:00 P.M. – 9:00 P.M.
Friday	4:00 P.M. – 10:00 P.M.
Saturday	Noon – 8:00 P.M.
Sunday	Noon – 6:00 P.M.

*Floating sea creatures will not be available during water aerobics, Shark Attack, and beach will remain open.

Children age 6 years and under must have a paid adult in the water with them.

Waterpark Holiday Hours

Call 651-490-4700 for specific information.

Feb 15 (Pres. Day)	Noon – 9:00 P.M.*
Spring Break	
(March 15-18)	Noon – 9:00 P.M.
(March 19)	Noon – 10:00 P.M.
April 4 (Easter)	Noon – 4:00 P.M.
May 31 (Memorial Day)	Noon – 6:00 P.M.

Pool Information

- Certified lifeguards are on duty in the pool at all times.
- Coast-Guard approved lifejackets are allowed when a swimming adult is present within arms' reach. Arm floatation and floatation swimming suits are prohibited.
- Pool is open for general use during most hours that the Community Center is open. However, classes may be in session or pool amenities may be unavailable.
- Complete pool schedules and lap swim policy are available at the service desk.
- 33 laps equals 1 swimming mile in the lap lanes.
- Boys need to be 4 years old and under to be in women's locker room, girls need to be 4 years old and under to be in men's locker room with adult. Please use family locker rooms.



TROPICAL ADVENTURE INDOOR PLAYGROUND

Come CRAWL through the caves, SWING through the jungle, slip down the waterfall SLIDE, and SCREAM down the five level spiral slide!



Monday - Saturday.....8:00 A.M. - 8:00 P.M.

Sunday.....8:00 A.M. - 6:00 P.M.

Daily visit \$4.50 per child, ages 1-12

FREE to members

General Information

- Wristbands and socks are required
- The playground is an unsupervised area
- Parents and guardians are responsible for supervision of their children
- Children 6 and under must be accompanied by an adult
- Groups visiting the playground are posted at the entrance each week
- For information about **reserving space for your group**, call 651-490-4790.



FOR INFORMATION CALL 651-490-4750

SPEND YOUR BIRTHDAY IN THE TROPICS

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Make Your Child's Birthday Party Special!

Celebrate at the Tropics Indoor Waterpark and Indoor Playground in the Shoreview Community Center

Celebrate your child's birthday party in the *tropical themed poolside birthday party rooms!* Our rooms include Coconut Cove, our private party room, with maximum capacity of 15, and Beachcomber Bay, which accommodates up to four parties at one time. You may choose the Cake Deal package or the Meal Deal package. Outside food is not allowed in the Coconut Cove or Beachcomber Bay party rooms.

Call 651-490-4790 to reserve your party package today!



TROPICAL PACKAGE

Cake Deal

Includes personalized birthday cake and ice cream, pop, birthday plates, napkins, cups, balloons, 90 minutes party time, T-shirt and card for birthday child and full-day use of Tropics Indoor Waterpark and indoor playground for all party goers.

Rate: \$15 per person
\$14 Shoreview Resident

Meal Deal

Includes everything in the Cake Deal plus your choice of pizza, hot-dog or corndog and chips.

Rate: \$18 per person
\$17 Shoreview Resident

ADVENTURE PACKAGE

Cake Deal

Includes everything in the Tropical Package but limits full day use of the facility to the indoor playground only.

Rate: \$13 per person
\$12 Shoreview Resident

Meal Deal

Includes everything in the Tropical Package limiting facility usage to the indoor playground only.

Rate: \$16 per person
\$15 Shoreview Resident

Beachcomber Bay *(shared party room)*

Minimum purchase of birthday party package for 8 partygoers. No outside food allowed. Room will be shared with other party celebrations.

Coconut Cove *(private pool-side party room)*

Minimum purchase of birthday party package for 8 partygoers. No outside food allowed. Additional \$25 room rental fee.

Meeting / Party Rooms*

Each room accommodates 20 partygoers for 2 hours of party time; additional rooms may be rented to accommodate more. You may rent a room and bring in your own food. Daily passes are sold separately.

Rate: \$40 Regular rental fee
\$25 Shoreview Resident rental fee

*\$25 Refundable Damage Deposit

Fees are subject to change. Tax not included. When using the pool, all children six years old and under must be supervised by a paid adult swimmer who is 18 or older. Supervisory adult must be within arms' reach of that child at all times.

PARTY IN THE TROPICS

Special Rentals Have the Place to Yourself and Invite Your Friends!

Shoreview Community Center

The Shoreview Community Center is also available for groups, overnight, and after-hours private rentals. Each rate is listed per person and includes use of the Tropics Indoor Waterpark, gym facilities, and meeting rooms. Refundable damage deposit required. A minimum payment is necessary to rent our facility overnight. Prices are per person.

Overnight Rentals

Rate: \$18; \$16 Shoreview Resident

Private Pool Party Rentals

Private pool parties are available after regular business hours. A minimum payment is necessary to rent our facility for a private pool party. Prices are per person. Call 651-490-4790.

	Rate*	Shoreview Resident*
Two hours	\$ 9.00	\$ 8.50
Three hours	\$ 9.50	\$ 9.00
Four hours	\$10.00	\$ 9.50

*Sales tax not included.

Group Rates (during building hours)

- All parties of 10 or more receive our special group rate
- Reservations are required for groups of 25 or more
- Call 651-490-4790 for group rate and reservation information



Coconut Cove – Private Party Room



Beachcomber Bay – Shared Party Room

MARK YOUR CALENDAR!



Egg Hunt

March 27

Join the Bunny in an eggciting hunt for prize-filled eggs. Then, hop inside for an eggcellent snack, door prizes and entertainment. Great fun for your little bunnies ages 10 and under. See page 43 for details.

Family Health & Fitness Expo

April 25

This free family event is designed to promote healthy habits for parents and kids. Participate in free fitness class demos, gather information on healthy behaviors, swim, play, and be active together! See inside back cover for details.

Run & Romp

April 24

This event is for you and your dog! Participate in a 7.5K, 4K, or 2K with your four-legged friend. See page 43 for details.



Dazzling Divas

May 1

Children ages 3 to 8 can be transformed into a diva for a day. Come dressed in your most glam outfit and be pampered! The event ends with a red carpet fashion show. See page 43 for details.

BANQUET ROOM RENTALS

Our banquet rooms are perfect for corporate events, wedding ceremonies, receptions, dinners, and dances.

24



Shoreview Room

Experience the elegance of our Shoreview Room for your next event. You and your guests will enjoy the convenience of the adjacent Fireside Lounge and expanded dance floor.

- Seating up to 300.
- Continental breakfast service available.
- Alcohol service available with in-house provider.
- Refundable damage deposit is required.
- Catering Fee – \$100 for events up to 100 guests. \$200 for events over 100 guests. Requires licensed caterer for kitchen use.

Full Room	Rate*	Shoreview Resident*
Sunday–Thursday	\$ 595	\$ 520
Friday	\$ 950	\$ 850
Saturday	\$1,125	\$1,025

Fees are subject to change. Tax not included. Call for more information.



Community Room

The Community Room features round tables, oak parquet dance floor, indirect lighting, and audio/visual equipment.

- Seating up to 250.
- Continental breakfast service available.
- Alcohol service available with in-house provider.
- Refundable damage deposit is required.
- Catering Fee – \$100 for events up to 100 guests. \$200 for events over 100 guests. Requires licensed caterer for kitchen use.

Full Room	Rate*	Shoreview Resident*
Sunday–Thursday	\$ 395	\$ 320
Friday	\$ 695	\$ 595
Saturday	\$ 815	\$ 710

Half Room	Rate*	Shoreview Resident*
Sunday–Thursday	\$ 210	\$ 180
Friday and Saturday	N/A	N/A

Fees are subject to change. Tax not included. Call for more information.



Call for More Information

Community Center Information

651-490-4700

Recreational Programs (classes)

651-490-4750

Rental Information

651-490-4790

City Information

651-490-4600

COMMUNITY & MEETING ROOM FACILITIES

Shoreview Pavilion

It's not too early to reserve your space for a family picnic, company event, or graduation gathering at the Shoreview Pavilion. Picnic tables accommodate up to 125 people! Call to reserve your date: 651-490-4790.

Rate: \$195; \$170 Shoreview Resident

**Sales tax not included. Refundable damage deposit required.*

Picnic Shelter Rentals

Our parks are the perfect place for a small gathering or birthday party. Reserve a picnic shelter for your next event by calling 651-490-4790. Rental fee is \$25 plus tax.

Lake Judy Park. Seats 15

Shamrock Park Seats 35

McCullough Park. . . . Seats 15

Commons Park Seats 20

Island Lake Room

Our new Island Lake Room is comfortable and quiet, suitable for all your meeting needs. Enjoy the window lighting as well as the on-site audiovisual equipment.

- Island Lake Room is rented in 2-hour blocks.

- Refundable damage deposit: \$25

Rate: \$65; \$50 Shoreview Resident

**Sales tax not included.*

Meeting Rooms

We are able to accommodate 20 people per room, depending on the arrangements. Retractable walls allow flexibility for accommodating large groups and seminars.

- Meeting rooms are rented in 2-hour blocks.

- Rates are listed per room for each time block rented.

- Refundable damage deposit: \$25 per room.

Rate: \$40; \$25 Shoreview Resident (50% of group living in Shoreview)

**Sales tax not included.*



Group Rates

- All parties of 10 or more receive our special group rate.
- Reservations required for all groups of 25 persons or more.



Call for More Information

Community Center Information

651-490-4700

Recreational Programs (classes)

651-490-4750

Rental Information

651-490-4790

City Information

651-490-4600





Aquatics Page 28



Group Fitness Page 33



Youth Sports Page 49



Tennis Lessons Page 52



Egg Hunt Page 43

SPRING RECREATION

SPRING REGISTRATION SCHEDULE

Registrations processed online are given immediate priority followed by in-person registration. Registrations received via mail, fax, or drop-off are processed as time permits.

Shoreview Resident Priority

Shoreview residents are given first priority in registering for Parks and Recreation programs.

Tuesday, February 23

On-line registration for residents begins at 8:00 A.M.

Tuesday, March 2

In person, mail, fax, and drop-off registration begins at 8:00 A.M.

Annual Community Center Member Registration

Tuesday, March 2

In person, mail, fax, and drop-off registration begins at 8:00 A.M.

General Registration

Anyone may register at this time. No residency or membership required.

Thursday, March 4

On-line registration begins at 8:00 A.M.

Tuesday, March 9

In person, mail, fax, and drop-off registration begins at 8:00 A.M.

EASY 5 WAYS TO REGISTER

1. On-line payment by Visa & MasterCard only
2. Mail-in
3. Fax 651-490-4797 payment by credit card only
4. Drop-off
5. In-person



PROGRAMS

ONLINE REGISTRATION INFORMATION

Tired of waiting in line? Want to register on your schedule and from the comfort of your home or office? Then choose on-line registration!

What you need to know:

- Each family needs a household ID and password
- New users need to request a household ID and password at least 5 days before registration begins
- When it is your date to register, log-on to <https://registration.shoreviewmn.com> and choose your classes

New Users

- Registering on-line requires a household ID and password
- To obtain a household ID and password, complete a Participant Information Form by:
 - ~ Download it from the web: <http://www.ci.shoreview.mn.us/Parks/RecPrograms.html>
 - ~ Stop by during office hours to complete a form in person
 - ~ Call 651-490-4750 to have a form faxed or mailed to you

Current Users

- You have a household ID and password assigned to your family
- To add a family member to your account, call 651-490-4750 or email recreation@shoreviewmn.gov
- If you have forgotten your household ID and password, please contact us at 651-490-4750

Questions?

Call 651-490-4750 or email recreation@shoreviewmn.gov

NOW HIRING!

Jobs That Fit Your Lifestyle!

Part-time • Flexible Hours • Fun People
Shoreview Parks & Recreation Department
is now hiring! Training is provided.

POSITIONS

**After School Sports Instructors • Summer Playground Leaders
Child Care Attendants • Concession Attendants (Wave Cafe)
Dodgeball Officials • Fitness Instructors • Gym Supervisors
Lifeguards (we will train) • Personal Trainers • Service Desk
Swimming Instructors • Summer Discovery Leaders**

HURRY! JOBS OPEN UNTIL FILLED!

Call or stop by: Shoreview Parks & Recreation
4580 North Victoria Street, Shoreview, MN 55126
(651) 490-4750 • TDY (651) 490-4750

Job Line (651) 490-4637 • www.ci.shoreview.mn.us.

The City of Shoreview is an equal opportunity employer.

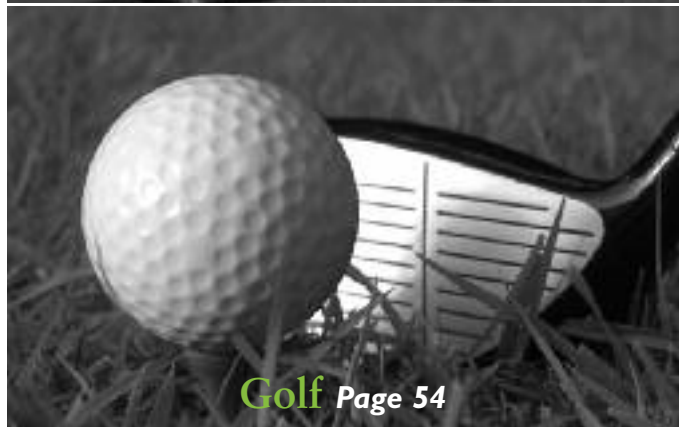
**FREE Parking
Direct Deposit and
Community Center
Membership!**



Family Health & Fitness Expo Page 43



Tumbling Page 45



Golf Page 54



Softball Page 50, 55



AARP/Driver Safety Page 58

SHOREVIEW PARKS AND RECREATION SWIM LESSONS

Shoreview Parks and Recreation swim lessons use a fun and imaginative approach to help students create a lifelong love of swimming. Classes are designed to be progressive. At each level students will be introduced to a new skill and previously learned skills will be reviewed. Our instructors are chosen for their desire to teach, enthusiasm and ability. Instructors participate in a training program and shadow an experienced instructor for one session. The Community Center pool water temperature is kept between 83 and 84 degrees.

LESSONS

A variety of lessons are available to meet your student's individual needs. The Community Center pool does not restrict open, recreational use during lessons, except Saturday mornings and Sunday mornings during the school year. If you are concerned about other swimmers affecting your child's lessons, sign up for the weekend morning lessons at the Community Center.

Group Lessons

Rates for all group lessons \$67; \$57 Shoreview Resident

These lessons will have 1 instructor to a maximum student ratio of:

PS	1 to 4
L1-L3	1 to 6
L4 – L7	1 to 8

Classes with more students will be assigned an aid to assist in instruction. All group lessons will meet 35 minutes for eight sessions. For more information on group lesson levels please refer to descriptions located to the right. If you are not sure what level to register your child for or have not been in classes in a while, please stop by the Aquatic Office and have one of our aquatic staff evaluate your child.

Private Lessons (PR)

Private or semi-private lessons are available. One-on-one attention may be just what is needed to advance levels or gain that confidence in the water. Available private lessons are located on pages 28 and 29.

Rate for eight, 30-minute private or semi-private swim lessons, available at set times.

\$133; \$123 Shoreview Resident

\$103; \$93 Shoreview Resident each for two participants of equivalent ability



AQUATICS LEVEL DESCRIPTIONS

First Splash (FS1) *Ages 9 Months to 18 Months*

First Splash (FS2) *Ages 18 Months to 36 Months*

Make your first splash together. Parents and children will learn water adjustment and basic skills. One adult must accompany each child in the water.

Preschool (PS) – Jelly Fish *Ages 3 and 4*

This course is an introduction to the pool, group learning and lessons without a guardian in the water. Little ones get comfortable and learn to enjoy activities in the water safely.

Level 1 (L1) – Angel Fish *Ages 4 to 6*

Level 1 offers the opportunity to learn basic exploration that leads to assisted swimming. Students must be comfortable in the water without parents and should come prepared to put their faces in the water for retrieving objects.

Swimmers will learn the following:

- Supported float on the front and back
- Supported kicking on the front and back
- Fully submerged face to retrieve objects underwater
- Front/back glides with support
- Swimmers will also receive an orientation to deep water with support

Youth Beginner (YB) *Ages 6 and over*

The youth beginner class is for ages 6 and older who are new to swim lessons or haven't taken them for several years. Students will be in class with other school-aged children and learn at a faster pace. Students can continue to take youth beginner until they reach a level that includes their peers.

Level 2 (L2) – Sea Monkeys

The objective of Level 2 is to help swimmers successfully manage fundamental skills as they progress toward swimming unassisted. Swimmers must be comfortable on their own, fully submerged in an area they can touch.

Swimmers will learn the following:

- To float and glide on front and back
- Integrate combined stroke on front and back, using kick and alternating arm action for 5 to 10 yards.
- Personal safety skills
- Flutter kick with support

AQUATICS LEVEL DESCRIPTIONS

Level 2.5 (L2.5) – Otters

The new level 2.5 Otters has been established to help bridge the gap between L2 and L3. Swimmers will focus on developing a strong flutter kick and balance in the water. Swimmers will learn the following:

- Flutter kick on front and back with support in deep water
- Front crawl
- Deep water

Level 3 (L3) – Seals

Level 3 builds on skills by coordinating strokes and increasing endurance. Swimmers will learn the following:

- Coordinate front crawl
- Coordinate back crawl
- Elementary backstroke
- Treading water
- Flutter kicks and whip kick

Level 4 (L4) – Sting Rays

Level 4 develops endurance in previously learned strokes and introduces the breaststroke. Swimmers will learn the following:

- Elementary backstroke
- Front and back crawl
- Breaststroke
- Treading water, 1 minute
- Open turns

Level 5 (L5) – Dolphins

Level 5 refines coordination and increases endurance of keystrokes. Swimmers will learn the following:

- Elementary backstroke
- Front and back crawl
- Breaststroke
- Butterfly (introduction)

Level 6 (L6) – Orcas

Level 6 polishes strokes to allow swimming with more ease, efficiency, power and smoothness over greater distances.

Swimmers will learn the following:

- Front and back crawl
- Breaststroke
- Sidestroke
- Butterfly
- Turns

Level 7 (L7) – Sharks

- Endurance skills
- Personal water safety
- Stroke techniques
- Basic workouts

Teen/Adult Instruction (AI) *Ages 13 to Adult*

For mature learners starting with basic swimming skills. Participants will learn everything from floating to efficient strokes at a personalized speed. Class sizes will be kept small for individualized attention.

NEW!

Stroke Technique (ST) *Adults*

This adult level focuses on fine-tuning stroke technique and form with the goal of improving stamina and speed. This class is perfect for the fitness swimmer or triathlon competitor.

LIFEGUARDING TRAINING

Ages 15+

Thursdays, March 25 - April 29

(Dates for this class subject to change.) 5:00 P.M. – 10:00 P.M.

\$200; \$190 Shoreview Resident Activity # 150402-01

Shoreview Community Center

American Red Cross Lifeguard Training includes certification in Lifeguard Training, current for 3 years; Standard First Aid, current for 3 years; and CPR for the Professional Rescuer, current for one year. This course provides all information necessary to recognize, respond, and care for emergencies in an aquatic environment and more. Certification will be issued after successful completion of a written exam and skill check off. The following are course prerequisites:

- Minimum age 15 years
- 500-yard swim
- 2-minute treading water
- Retrieve 10 lb. brick from pool bottom

SWIM INSTRUCTOR AIDE PREPARATION TRAINING (SIA)

Ages 15 and up

Thursdays 5:45 P.M. – 7:40 P.M.

\$67; \$57 Shoreview Resident Activity # 230319-01

This course is for youth age 15 and older who are interested in teaching swim lessons. Participants must be competent swimmers and able to complete the pre-skill test on the first day. This program focuses on leadership, problem solving, teaching skills, community interaction and teamwork with the Shoreview Community Center Swim Lesson Program. Students will be required to participate in 8 training sessions and complete 10 hours of volunteer apprenticeship training. To be considered for employment you must be age 16 and completed a minimum of 25 hours of apprenticeship training. If employed you will be required to complete a CPR and First Aid Training Course First Aid Training Course.

AQUATICS

MONDAY March 29 – May 17

Morning

8:45 A.M.	PR	230114-01
9:25 A.M.	PS	230111-01
10:10 A.M.	LI	230101-01
10:55 A.M.	L2	230102-01
11:40 A.M.	PR	230114-02

Evenings

4:00 P.M.	PS	230111-02
	LI	230101-02
	L2	230102-02
	PR	230114-03
4:45 P.M.	LI	230101-03
	L2	230102-03
	L2.5	230112-01
	PR	230114-04
	PR	230114-05
5:30 P.M.	L2	230102-04
	L2.5	230112-02
	L3	230103-01
6:15 P.M.	PS	230111-03
	LI	230101-04
	L2	230102-05
	L2.5	230112-03
	PR	230114-06
7:00 P.M.	FS2	230110-01
	YB	230113-01
	PR	230114-07
	PR	230114-08
7:45 P.M.	L4	230104-01
	L5	230105-01
	PR	230114-09
	PR	230114-10

TUESDAY March 30 – May 18

Morning

7:15 A.M.	ST	230108-01
8:45 A.M.	PR	230114-11
9:25 A.M.	FS2	230110-02
10:10 A.M.	PS	230111-04
10:55 A.M.	LI	230101-05
11:40 A.M.	PR	230114-12

Evenings

4:00 P.M.	PS	230111-05
	LI	230101-06
	L2	230102-06
	L2.5	230112-04
4:45 P.M.	LI	230101-07
	L2	230102-07
	L2.5	230112-05
	L3	230103-02
5:30 P.M.	PS	230111-06
	L2	230102-08
	L2.5	230112-06
	L3	230103-03
6:15 P.M.	FS1	230110-03
7:45 P.M.	AI	230116-01

WEDNESDAY March 31 – May 19

Morning

8:45 A.M.	LI	230101-08
9:30 A.M.	L2	230102-09
10:15 A.M.	L2.5	230112-07
11:00 A.M.	L3	230103-04
11:45 A.M.	PR	230114-13

Evenings

4:00 P.M.	PS	230111-07
	LI	230101-09
	L2	230102-10
	L2.5	230112-08
4:45 P.M.	PS	230111-08
	LI	230101-10
	L2	230102-11
	PR	230114-14
5:30 P.M.	LI	230101-11
	L2	230102-12
	L2.5	230112-09
	L3	230103-05
6:15 P.M.	LI	230101-12
	L2	230102-13
	YB	230113-02
	L3	230103-06
	L4	230104-02
7:00 P.M.	FS1	230110-04
	L5	230105-02
	PR	230114-15
	PR	230114-16
7:45 P.M.	L6	230106-01
	ST	230108-02
	PR	230114-17
	PR	230114-18

AQUATIC KEY

LI	Level 1,2, etc...	PS	Preschool
FS1	First Splash 9-18 month	PR	Private Lessons
FS2	First Splash 18-36 month	YB	Youth Beginner
AI	Adult Instruction	ST	Stroke Technique
JL	Junior Lifeguard		

Rates for all group lessons \$67; \$57 Shoreview Resident

Please indicate second choice on your registration from in case your first choice if full.



THURSDAY April 1 – May 20

Morning

8:45 A.M.	PR	230114-19
9:25 A.M.	FS1	230110-05
10:10 A.M.	L2.5	230112-10
10:55 A.M.	L3	230103-07
11:40 A.M.	L4	230104-03

Evenings

4:00 P.M.	PS	230111-09
	L2	230102-14
	L2.5	230112-11
	L3	230103-08
4:45 P.M.	PS	230111-10
	L1	230101-13
	YB	230113-03
	L4	230104-04
5:30 P.M.	L1	230101-14
	L2	230102-15
	L2.5	230112-12
	L3	230103-09
6:15 P.M.	FS2	230110-06
7:45 P.M.	AI	230116-02

FRIDAY April 2 – May 21

Morning

8:45 A.M.	PR	230114-20
9:25 A.M.	PS	230111-11
10:10 A.M.	L1	230101-15
10:55 A.M.	L2	230102-16
11:40 A.M.	PR	230114-21

SATURDAY March 27 – May 22 No class April 3

Morning

8:25 A.M.	PS	230111-12
	L1	230101-16
	L2	230102-17
	L2.5	230112-13
	L3	230103-10
	L4	230104-05
	YB	230113-04
	PR	230114-22
	PR	230114-23
9:10 A.M.	PS	230111-13
	L1	230101-17
	L2	230102-18
	L2.5	230112-14
	L3	230103-11
	L4	230104-06
	L5	230105-03
	PR	230114-24
9:55 A.M.	PS	230111-14
	L1	230101-18
	L2	230102-19
	L2.5	230112-15
	L3	230103-12
	L4	230104-07
	L5	230105-04
	L6	230106-02
	PR	230114-25
10:40 A.M.	FS2	230110-07
	PS	230111-15
	L1	230101-19
	L2	230102-20
	L2.5	230112-16
	L3	230103-13
	L4	230104-08
	YB	230113-05
	PR	230114-26
11:25 A.M.	FS1	230110-08
	PS	230111-16
	L1	230101-20
	L2	230102-21
	L2.5	230112-17
	L3	230103-14
	L4	230104-09
	L7	230107-01
	PR	230114-27

SUNDAY March 28 – May 23 No class April 4

Morning

9:00 A.M.	PS	230111-17
	L1	230101-21
	L2	230102-22
	PR	230114-28
	PR	230114-29
9:45 A.M.	L1	230101-22
	L2	230102-23
	L2.5	230112-18
	L3	230103-15
10:30 A.M.	PS	230111-18
	L3	230103-16
	L4	230104-10
11:15 A.M.	PS	230111-19
	L1	230101-23
	YB	230113-06
	PR	230114-30
	PR	230114-31

TUESDAY/THURSDAY 1 March 30 – April 22

6:15 P.M.	PS	230111-20
	L1	230101-24
	YB	230113-07
	PR	230114-32
7:00 P.M.	L2	230102-24
	L2.5	230112-19
	L3	230103-17
	L4	230104-11
7:45 P.M.	L5	230105-05
	PR	230114-33

TUESDAY/THURSDAY 2 April 27 – May 20

6:15 P.M.	PS	230111-21
	L1	230101-25
	YB	230113-08
	PR	230114-34
7:00 P.M.	L2	230102-25
	L2.5	230112-20
	L3	230103-18
	L4	230104-12
7:45 P.M.	L5	230105-06
	PR	230114-35

A Note About Community Center Lessons

If you wish to swim before or after class at the Community Center a wristband may be purchased at the guest service desk. Saturday & Sunday mornings your child will not be able to swim before or after class until open swim, which begins at noon.

SPECIAL AQUATICS/CPR & FIRST AID

SNORKELING

REGISTER
NOW!

Ages 8 to 13

Saturday, March 6 10:45 A.M. – 11:45 A.M.

\$20; \$15 Shoreview Resident **Activity # 130306-01**

Community Center Pool

A specialized class for youth ages 8 to 13 to explore the underwater world. Equipment is designed especially for youth. A variety of abilities are welcome although basic swimming skills are needed.

GIRL SCOUTS, BOY SCOUTS

\$10 per child **Activity # 130301-01**

Community Center Pool

Looking for a place to work on your swimming badges? You provide the requirements for the badge your troop is working on, and we will have a certified lifeguard work with the troop to complete it. You pick the day and time that works best for you.

ABOUT BOATING SAFELY

Ages 15 & over

Saturday, April 24 8:00 A.M. – 4:00 P.M.

\$40 per person **Activity # 250401-01**

Youth are 1/2 price if registered with a full paying adult

Shoreview Community Center

This class meets the requirements for watercraft operators permits in Minnesota and Wisconsin. Boat insurance companies may offer discounts to boaters who complete this course. Topics include: Boating Law, Safety Equipment, Navigation, Trailering, Storing and Protecting Your Boat, Hunting and Fishing, Water-skiing and River Boating. The course is taught by trained, experienced instructors from the U.S. Coast Guard Auxiliary.

GPS FOR MARINERS

Ages 15 & over

Saturday, April 17 8:00 A.M. – Noon

\$40 per person **Activity # 250401-02**

Shoreview Community Center

This course is for recreational boaters to learn how to get the most out of their GPS unit. It is recommended that participants bring their handheld GPS unit to class. Those not possessing handheld units can still learn how to use a GPS for practical recreational boating. Topics include basic GPS—buttons, screens, menus, basic navigation—waypoints, routes, stay on course, relating GPS to navigation charts. The course is taught by trained, experienced instructors from the U.S. Coast Guard Auxiliary.

PERSONAL WATERCRAFT SAFETY

Ages 15 & over

Thursday, April 8 7:00 P.M. – 8:00 P.M.

\$8 per person **Activity # 250401-03**

Shoreview Community Center

The U.S. Coast Guard Auxiliary's *Personal Watercraft* course is a very basic, one-hour introduction to the safety issues involved when operating a PWC. Topics covered include: Safe boarding of a PWC, what to wear when riding a PWC, Rules of the Road, Towing (skiing), Small children and PWC. Because of its brevity, it is not approved by the National Association of State Boating Law Administrators (NASBLA) nor is it approved by most of the states which require formal instruction in order to operate a boat. The Auxiliary's About Boating Safely course is more appropriate for meeting legal requirements. The course is taught by trained, experienced instructors from the U.S. Coast Guard Auxiliary.

INFANT, CHILD AND ADULT CPR

Wednesday, March 10 5:00 P.M. – 10:00 P.M.

\$75; \$65 Shoreview Resident **Activity # 150301-03**

Wednesday, April 7 5:00 P.M. – 10:00 P.M.

\$75; \$65 Shoreview Resident **Activity # 250301-01**

Wednesday, May 5 5:00 P.M. – 10:00 P.M.

\$75; \$65 Shoreview Resident **Activity # 250301-02**

Island Lake Elementary

Learn what to do in breathing emergency situations. This class teaches skills in rescue breathing, obstructed airway, and CPR. Certification will be issued after successful completion of a written test and skill check off.

COMMUNITY FIRST AID AND CPR

Tuesdays, May 4 & 11 6:00 P.M. – 10:00 P.M.

\$85; \$75 Shoreview Resident **Activity # 250301-03**

Turtle Lake Elementary

Learn how to recognize and care for life threatening emergencies while providing basic first-aid care for injuries and sudden illnesses until advanced medical personnel arrive. Course will provide the information necessary to make crucial decisions during an emergency. Certification will be issued after successful completion of a written exam and skill check off.

FITNESS REGISTRATION

Call for information: 651-490-4750

SPRING SESSION – 10 weeks March 29 – June 6

Welcome to Shoreview's group fitness classes. Shoreview Parks and Recreation Fitness program boasts the best equipment in the industry with two state-of-the-art fitness studios. Our classes utilize high-quality resistive equipment, and new, innovative program offerings. Our instructors are nationally certified and follow the standards and recommendations of the National Exercise Trainers of America. Our classes are suitable for all ages, abilities, and fitness levels.

Shoreview Fitness is committed to providing fitness opportunities for individuals of all ages, fitness levels, and health status. Most fitness classes are suitable for everyone, but there are also class options available for beginners and those looking for classes of lower intensity levels. Please feel free to call to find out which classes best suit your needs – 651-490-4750.

Annual Members receive 30% off fitness classes

Excludes Personal Training, Kids Yoga and other specialty classes.
(Discount not available online at this time.)

FITNESS PUNCH CARDS

Give our fitness classes a try! This Punch Card will allow you to take five classes during the session. Note: if individual classes are full, Punch Card holders may not be able to participate. Drop-In class schedule will be available the first week of classes. Card does not include Tae Kwon Do classes.

Class	Rate	Activity #
Revvig, Hip Hop, Zumba, and Tai Chi		
.....	\$40; \$35 Shoreview Resident	.. 110401-01
Yoga, Pilates, and Yogalates		
.....	\$45; \$40 Shoreview Resident	.. 110402-01
All Other Fitness Classes		
.....	\$28; \$25 Shoreview Resident	.. 110403-01

Available for purchase at Lower-Level Service Desk or Upper Parks and Recreation Desk during office hours.

DROP-IN RATES

Drop-in passes allow you to attend a class. Drop-in schedule will be available the first week of classes.

Yoga, Pilates, and Yogalates	\$10; \$9 Shoreview Resident
Revvig, Hip Hop, Zumba, and Tai Chi	\$9; \$8 Shoreview Resident
All Other Fitness Classes Drop-in Rate	\$6.50; \$5.50 Shoreview Resident

FITNESS CLASS DESCRIPTIONS

Cardio Groove

Get your groove on in this low-impact class. As you move to your favorite hits you will increase your endurance level and burn fat. Class begins with a warm-up to prepare for 35 minutes of easy-to-learn combinations of low impact movements. Before you know it, you will be cooling down and finishing with a core workout.

Cardio Kickboxing

A dynamic and energetic class that combines kicks, jabs, and strong arm and leg work to warm you up and keep you moving. A great way to strengthen muscles and burn body fat.

Circuit

This low-impact class features non-stop, anything-but-boring and always-changing activity. You will get to use all of our group fitness "TOYS" as you move through the stations of the circuit. This class will challenge your muscles in a variety of ways keeping your mind focused and body energized.

Power Pump

This workout is like having your own personal trainer in a group setting. Power Pump will target all of the major muscles to strengthen and tone you into shape. This class will utilize supersets, tempo changes, slow reps, and pulses that will challenge your body and save you some time in the gym. Equipment used includes a variable weight bar and selected weight plates. Dumbbells and bands will hit those forgotten muscles. For the best results, two times a week is suggested. Power Pump is suitable for everyone from beginners to advanced strength trainers. Resistance training not only increases strength and performance in activities and sports, it also helps decrease the occurrence of injuries and can prevent conditions such as arthritis and osteoporosis. Classes great for all levels.

Step and Strength

This class provides benefits in cardio fitness, fat burning, and strength training. This is a great cross-training class that utilizes an adjustable step and resistance equipment. All levels and abilities are encouraged to participate. This class will keep you moving and motivated.

Step It Up!

Start out with some basic step moves to get warmed up. The next step is to learn some fun patterns, combinations, and movements on an adjustable height step to meet all levels of endurance. Class ends with a cool down and core exercises.

Total BodyWorkout

Work all of your muscles in this total body workout. It will challenge your agility, speed, strength, and endurance. If you like variety this class is for you. Class will include a mix of Cycling, Step movements, Kickboxing, Weights and more. Come ready to work!

FITNESS CLASS DESCRIPTIONS

Arthritis Foundation Tai Chi Program®

The Arthritis Foundation Tai Chi Program® is designed to improve the quality of life for people with arthritis using Sun style Tai Chi, one of the four major recognized styles of Tai Chi. This style includes agile steps and exercises that may improve mobility, breathing and relaxation. The movements don't require deep bending or squatting, which makes it easier and more comfortable to learn.

Arthritis Foundation Exercise Program

Doctors and therapists know that moderate physical activity can improve your health without hurting your joints. The Arthritis Foundation Exercise Program is an exercise program designed specifically for people with arthritis that uses gentle activities to:

- help increase joint flexibility and range of motion
- help maintain muscle strength

The Arthritis Foundation Exercise Program accommodates your fitness level by offering exercises done while sitting, standing or on the floor. Class instructors have completed special Arthritis Foundation instructor-training workshops. Participants can expect such benefits as increased functional ability, increased self-care behaviors, decreased pain and decreased depression.

Boot Camp

No guts, no glory in this overall body workout! Whether you're an athlete, "gym rat", or just looking for that next-level workout, our "drill sergeant" will give you the push you need. Make sure that you check lazy at the door when you step into this workout because you will be moving from station to station in a circuit-style fashion. Training drills are designed to enhance agility, speed, power, strength, and quickness and each station will challenge you with a unique exercise. This class will work you from head to toe and get you ready to tackle any fitness challenge.

Candle Light Yoga

A mind-body yoga class done in the relaxing atmosphere of candle light. This class will focus on movement and breathing techniques that encourage the reduction of stress caused by the busyness of our daily lives. Calm your thoughts and practice poses aimed at relieving tension and increasing our ability to relax.

Cardio BOSU

Come work your core while getting an awesome cardiovascular workout. Cardio BOSU incorporates elements of step, strength and core training and utilizes repetitions and plyometrics all on a BOSU balance trainer. Cardio BOSU with a Pump will add additional strength training exercises.



Classic Conditioning

Staying fit is important for people of all ages. Regular exercise can prevent the decreases in muscle mass, balance, flexibility, endurance, bone density, and the resulting aches and pains that are associated with aging and decreased activity. This class will use a variety of exercises to safely help you improve your quality of life with an emphasis on improvements in cardiovascular health and muscular performance. Participants will experience increased energy levels and the group setting will provide the motivation that will encourage an active lifestyle.

Core Fusion

If you're looking for a strong, toned, and graceful body then this class is for you. Core Fusion mixes body sculpting with flexibility, strength training and balance work. Core Fusion will build upon the influences of Yoga and Pilates, but don't expect to hear water falls in the background because this high-energy class will have you moving to the sounds of the top 40's in a non-stop low impact format.

Gentle Yoga

Gentle Yoga is an ideal form of movement for older adults and individuals with physical limitations. Gentle Yoga's unique blend of exercise, breathing, and relaxation will gradually increase stamina while improving strength and flexibility. Gentle Yoga offers a natural remedy for the effects of aging, provides the healing power of movement and a sense of accomplishment.

Latin Hip Hop

Latin Hip Hop is a high energy workout that takes Latin dance movements and adds a twist of hip hop. This class will get you in the groove with the combination of Hip Hop and Latin dance combos that are designed for all levels and produce a high level of energy expenditure. Showcase your versatility and passion with a smooth, fun routine that everyone can enjoy. All levels welcome!

Mind/Body Yoga

Begin to experience a new awareness of yourself: body, mind, and spirit. This class is appropriate for those new to yoga or returning students. Each class will teach stretching (asana), breath awareness (pranayama), and deep relaxation (meditation). Hatha yoga emphasizes the whole person and, with practice, increases your flexibility, strength, and balance.

Pilates

Pilates is a method of body conditioning, a unique system of stretching and strengthening exercises developed over 90 years ago by Joseph Pilates. It strengthens and tones muscles, improves posture, provides flexibility and balance. Pilates unites body and mind and creates a more streamlined shape. Intermediate Pilates needs to have basic knowledge and previous Pilates experience.

Revvng

Cycling is an activity that produces one of the highest rates of calorie expenditure. Revvng is an indoor group cycling class that is fun, challenging, and accommodates all fitness levels, using revolutionary group exercise cycles. This energetic class consists of a continuous bike ride set to up-beat music with "hill climbs" and sprints mixed in to simulate cycling outdoors. The resistance of the stationary revvng bikes is adjustable to accommodate all levels and intensities.

Strength Training

This basic strength class uses hand weights, resistance bands, stability balls and more to strengthen every major muscle group in your body with some cardio moves thrown in to improve cardiovascular health. Everyone works at their own ability and chooses their own weight loads and resistance levels. Whether you are trying to increase your bone density, build strength, or run a marathon this class is for you.

Yoga Strength & Fitness Yoga

Gain strength, stamina, and balance with this athletic style of yoga. This is a non-purist, fitness style yoga class. Bring your body and mind together for peak performance.

Yogalates

Try a great class that incorporates both the core strength component of pilates and the relaxation techniques of yoga. An hour of working out the body and the mind.

Zumba

Zumba fuses hypnotic latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Achieve long term health benefits and experience an hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms, and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba!

WATER EXERCISE

Aqua Flow

This lower-intensity water exercise class is designed to accommodate the abilities of individuals with arthritis, joint replacements and other conditions that limit exercise capabilities. This class will be taught in a group setting with activities and exercises designed to encourage self-care, provide social interaction, and improve strength, endurance

Aqua Splash

Let our instructor lead you through a safe, low-impact workout in a comfortable water environment. The water's natural resistant properties help you increase overall muscle strength and endurance while conditioning your cardiovascular system.

Arthritis Foundation Aquatic Program

The Arthritis Foundation Aquatic Program is a shallow water exercise program designed for people of all ages living with arthritis, rheumatic disease and related musculoskeletal conditions. Participants will experience the benefits of water exercise including improvements in cardiovascular endurance, muscular strength, and motor skills. Classes include exercises and education that will assist in the development of wellness and a healthy lifestyle. Joint protection, energy conservation, and relaxation are included in each class to offer solutions for symptoms and improvements in self-sufficiency and range of motion.

Water Classes

All water classes are held in the Shoreview Community Center pool. The pool depth never exceeds 4½ feet, and the water temperature is regulated for maximum comfort. Swimming ability is not required—the gentle slope of the pool allows each participant to work at an appropriate depth.

GROUP FITNESS SCHEDULE

MORNING CLASSES

All classes are 50 minutes unless otherwise indicated.

March 29 – June 6 (10 weeks).

Time	Class	Rate/Shoreview Res.	Activity#	Location
MONDAY No class May 31 – 9 weeks.				
5:45 A.M.	Total Body Workout	\$46/\$41	210502-01	Studio 1
8:30 A.M.	Classic Conditioning	\$46/\$41	210539-01	Studio 1
8:30 A.M.	Strength Training	\$46/\$41	210517-01	Studio 2
9:30 A.M.	Circuit	\$46/\$41	210505-01	Studio 1
9:30 A.M.	Core Fusion	\$46/\$41	210531-03	Studio 2
9:30 A.M.	Aqua Splash	\$46/\$41	210522-01	Pool
11:40 A.M.	Mind/Body Yoga	\$73/\$68	210506-01	Studio 2
TUESDAY				
5:45 A.M.	Power Pump	\$51/\$46	210523-01	Studio 2
6:00 A.M.	Yogalates	\$81/\$76	210525-01	Studio 1
8:30 A.M.	Mind/Body Yoga	\$81/\$76	210506-02	Studio 1
8:30 A.M.	Power Pump	\$51/\$46	210523-02	Studio 2
9:30 A.M.	Aqua Splash	\$51/\$46	210522-03	Pool
9:30 A.M.	Step It Up	\$51/\$46	210516-01	Studio 2
9:30 A.M.	Pilates	\$81/\$76	210507-01	Studio 1
11:45 A.M.	Strength Training	\$51/\$46	210541-01	Studio 2
1:00 P.M.	Gentle Yoga	\$81/\$76	210163-01	Studio 1
WEDNESDAY				
5:45 A.M.	Total Body Workout	\$51/\$46	210502-02	Studio 1
6:00 A.M.	Step & Strength	\$51/\$46	210514-02	Studio 2
8:30 A.M.	Strength Training	\$51/\$46	210517-02	Studio 1
8:30 A.M.	Classic Conditioning	\$51/\$46	210539-02	Studio 2
9:30 A.M.	Aqua Splash	\$51/\$46	210522-05	Pool
9:30 A.M.	Circuit	\$51/\$46	210505-02	Studio 1
10:30 A.M.	Revvig	\$66/\$61	210512-04	Studio 1
THURSDAY				
5:45 A.M.	Cardio Kickboxing	\$51/\$46	210501-05	Studio 2
8:25 A.M.	Aqua Flow	\$51/\$46	210521-01	Pool
8:30 A.M.	Pilates	\$81/\$76	210507-02	Studio 1
8:30 A.M.	Power Pump	\$51/\$46	210523-06	Studio 2
9:30 A.M.	Step It Up	\$51/\$46	210516-04	Studio 2
9:30 A.M.	Core Fusion	\$51/\$46	210531-02	Studio 1
9:30 A.M.	Aqua Splash	\$51/\$46	210522-07	Pool
11:45 A.M.	Strength Training	\$51/\$46	210541-02	Studio 2
FRIDAY				
5:45 A.M.	Total Body Workout	\$51/\$46	210502-03	Studio 2
6:00 A.M.	Revvig	\$66/\$61	210512-07	Studio 1
8:30 A.M.	Strength Training	\$51/\$46	210517-03	Studio 1
8:30 A.M.	Classic Conditioning	\$51/\$46	210539-03	Studio 2
9:30 A.M.	Aqua Splash	\$51/\$46	210522-09	Pool
9:30 A.M.	Yogalates	\$81/\$76	210525-04	Studio 2
9:30 A.M.	Circuit	\$51/\$46	210505-03	Studio 1
SATURDAY				
8:30 A.M.	Revvig	\$66/\$61	210512-08	Studio 1
9:30 A.M.	Power Pump	\$51/\$46	210523-09	Studio 2
10:00 A.M.	Kids Yoga	\$40/\$35	210245-01	Studio 1
10:45 A.M.	Cardio Kickboxing	\$51/\$46	210501-04	Studio 2
11:15 A.M.	Mind/Body Yoga	\$81/\$76	210506-04	Studio 1
SUNDAY				
8:30 A.M.	Revvig	\$66/\$61	210512-09	Studio 1
5:00 P.M.	Candle Light Yoga	\$81/\$76	210537-01	Studio 2

Annual Community Center members receive 30% off. Excludes personal training, Nordic Walking, Kids Yoga and other specialty classes.

REGISTER EARLY AND SAVE YOUR SPOT IN CLASS!

Participants are encouraged to register at least one week prior to the start of the session to prevent classes from being cancelled due to low enrollments.

For updated class times and locations, please see schedules available on-line and at the Community Center.

CHILD CARE AVAILABLE!

See Kid's Care, Page 42

GROUP FITNESS SCHEDULE

EVENING CLASSES

All classes are 50 minutes unless otherwise indicated.

March 29 – June 6 (10 weeks).

Time	Class	Rate/Shoreview	Res.	Activity#	Location
MONDAY No class May 31 – 9 weeks.					
4:15 P.M.	Zumba	\$60/\$56		210544-02	Studio 2
5:20 P.M.	Step and Strength	\$46/\$41		210514-01	Studio 2
5:20 P.M.	Boot Camp	\$46/\$41		210532-01	Studio 1
6:25 P.M.	Cardio Groove	\$46/\$41		210504-01	Studio 2
6:25 P.M.	Revvig	\$60/\$56		210512-01	Studio 1
7:30 P.M.	Power Pump	\$46/\$41		210523-04	Studio 2
7:30 P.M.	Core Fusion	\$46/\$41		210531-01	Studio 1
8:30 P.M.	Zumba	\$60/\$56		210544-01	Studio 2
8:35 P.M.	Aqua Splash	\$46/\$41		210522-02	Pool
TUESDAY					
4:00 P.M.	Arthritis Foundation Water Exercise	\$51/\$46		210164-01	Pool
5:05 P.M.	Aqua Splash	\$51/\$46		210522-04	Pool
5:20 P.M.	Mind/Body Yoga	\$81/\$76		210506-03	Studio 1
5:20 P.M.	Power Pump	\$51/\$46		210523-03	Studio 2
6:25 P.M.	Pilates	\$81/\$76		210507-03	Studio 1
6:25 P.M.	Cardio Kickboxing	\$51/\$46		210501-01	Studio 2
7:30 P.M.	Total Body Workout	\$51/\$46		210502-04	Studio 1
7:30 P.M.	Cardio BOSU with a Pump!	\$51/\$46		210542-01	Studio 2
WEDNESDAY					
4:00 P.M.	Arthritis Foundation Ex. Program	\$51/\$46		210543-02	Studio 2
5:20 P.M.	Step It Up	\$51/\$46		210516-03	Studio 2
5:20 P.M.	Boot Camp	\$51/\$46		210532-02	Gym Activity Room
5:20 P.M.	Yogalates	\$81/\$76		210525-02	Studio 1
6:25 P.M.	Revvig	\$66/\$61		210512-05	Studio 1
7:30 P.M.	Power Pump	\$51/\$46		210523-05	Studio 2
7:30 P.M.	Arthritis Foundation T'ai Chi	\$66/\$61		210235-01	Studio 1
8:35 P.M.	Aqua Splash	\$51/\$46		210522-06	Pool
THURSDAY					
4:00 P.M.	Arthritis Foundation Water Exercise	\$51/\$46		210164-02	Pool
5:05 P.M.	Aqua Splash	\$51/\$46		210522-08	Pool
5:20 P.M.	Yoga Strength	\$81/\$76		210524-01	Studio 1
5:20 P.M.	Power Pump	\$51/\$46		210523-07	Studio 2
6:25 P.M.	Cardio Kickboxing	\$51/\$46		210501-03	Studio 2
6:25 P.M.	Pilates (Intermediate)	\$81/\$76		210511-01	Studio 1
7:30 P.M.	Mind-Body Yoga	\$81/\$76		210506-05	Studio 1
7:30 P.M.	Zumba	\$66/\$61		210544-03	Studio 2
FRIDAY					
5:00 P.M.	Yogalates	\$81/\$76		210525-03	Studio 2
6:00 P.M.	Latin Hip Hop	\$66/\$61		210545-01	Studio 2

NOTES ABOUT GROUP FITNESS CLASSES:

- Refunds are issued for medical reasons only.
- Participants are encouraged to register at least one week prior to the start of the session to prevent classes from being cancelled due to low enrollments.
- Membership is not required to register for our fitness classes!
- Annual Community Center members receive a 30% discount off fitness class registration fees (exclusions apply).
- Fitness class attendance for members is applicable to the minimum monthly visits required by insurance providers to receive insurance reimbursements.
- All classes are 50 minutes unless indicated.
- For updated class times and locations, please see schedules available on-line and at the Community Center.
- Minimum age is 14. Ages 12 & 13 may sign up with a parent/guardian.



PERSONAL TRAINING

CERTIFIED PERSONAL TRAINING

Personal Training can benefit anyone regardless of physical condition or age. Whether you want to improve your athletic performance or are recovering from an injury, an individualized program can improve your overall conditioning and develop the specific skills for your favorite activities. A trainer can plan a safe, effective program and provide the one-on-one instruction to ensure that you are using proper form and technique, exercising at the appropriate intensity, and maximizing the effectiveness of your workout to achieve your health and fitness goals.

Goals Achieved Through Personal Training:

- Reach and maintain a healthy weight
- Reduce body fat and build muscle
- Shape and tone your body
- Improve strength and cardiovascular fitness
- Recover from an injury

Benefits of a Personal Trainer:

Personal Trainers serve as a coach, educator, and a major source of motivation and encouragement to help you overcome obstacles and stick to your program.

Personal trainers will:

- Identify realistic goals and determine safe strategies to achieve those goals
- Customize a program to fit your ability and health status
- Monitor progress & adapt your routine for consistent improvement
- Educate you on fitness principles and correct form to aid in progress and prevent injuries
- Achieve maximum results in minimum time
- Provide the encouragement and accountability you need.

How many sessions do I need?

Some people may want personalized training 2 to 3 times a week, which makes them more likely to stick to their program because they are accountable to someone else for their exercise time. Others prefer to see a trainer periodically to update their exercise program or for fitness testing to receive feedback on their progress. Personal Training comes in packages of 1, 3, 6 and 12 sessions to accommodate each individual's needs. A fitness assessment is included with packages of 3, 6, and 12 sessions.

Trainer biographies are posted outside of the Fitness Center, across from Studio 2.

Contact 651-490-4768 to find out more about Personal Training packages and information about our experienced Certified Personal Trainers.

TEEN CONDITIONING

Ages 12 to 18

Individual Rate (5 sessions, 45 minutes each):

\$90/\$85 Shoreview Resident Activity # 210300-01

Group Rate (2+ participants, 5 sessions, 1 hour each):

\$70/\$65 Shoreview Resident Activity # 210301-01

Developing a healthy and fit lifestyle begins at a young age. The Teen Conditioning program provides instruction on basic exercise principles along with proper exercise form and technique. Personal Trainers will guide participants through exercises selected for improvement of muscular strength and endurance and ensure that each exercise is performed with correct form. Participants will learn how to select appropriate exercises and weights and gain an understanding of how to design their own fitness routines and programs in order to safely attain their fitness goals. Call to set up an appointment and schedule for your individual or group: 651-490-4768.

SPORTS PERFORMANCE TRAINING

12 yrs – collegiate level athletes

Individual Rate: \$25/session **Activity # 210302-01**

Group Rate (3+ participants): \$15/session

. Activity # 210303-01

Athletes will participate in training programs designed to accommodate their individual needs and abilities. Trainers with extensive backgrounds in training and coaching athletes of all levels will guide participants through speed, strength, endurance, and agility training exercises that are specially designed to improve performance in their sport. Call to set up an appointment and schedule for your individual or group: 651-490-4768



COMMUNITY CENTER MEMBER EQUIPMENT ORIENTATION (Individual or Group)

FREE to members age 14 and older

All members of the community center are encouraged to attend a fitness equipment orientation.

Participants will be introduced to the Fitness Center equipment and our fitness staff will teach you how to properly utilize the strength and cardiovascular equipment with correct form and provide guidelines for safe exercise and improved fitness. The schedule and sign-up sheet for equipment orientations is located on the desk in the fitness center. For more information call 651-490-4740.



INDIVIDUAL TEEN EQUIPMENT ORIENTATION

Required for ages 12 and 13

\$40; \$35 Shoreview Resident Activity # 210299-01

Shoreview Community Center

The Teen Equipment Orientation provides 12 and 13 year olds the opportunity to learn proper form and appropriate guidelines for strength and cardiovascular exercises. A personal trainer will teach participants proper methods of strength training and cover an informational packet that provides a beginning strength training program and guidelines for cardiovascular exercise. Parents are welcome and questions are encouraged. Adolescent exercise is safe and effective when proper form is used and appropriate guidelines are followed. The Teen Equipment Orientation is required for 12 and 13 year olds to use the fitness center. Registration forms are available at the front desk and lower level service desk. The schedule and sign-up sheet for teen equipment orientations is located on the desk in the fitness center, or call 651-490-4768 to find out more.

GET FIT! BODY CHALLENGE

March 29 – May 25 (8 weeks)

\$349 Activity # 210239-01

***Membership to the community center is required to use the facility when not participating in group fitness classes or group/personal training sessions.*

The Body Challenge is a fitness and weight loss program that combines fitness classes, group training sessions, weekly individual exercise prescription, and nutrition consultations. Support from fellow participants and accountability through the personal training staff will help keep you committed to your goals. The Get Fit! Body Challenge will help you achieve your fitness and weight loss goals, while preventing the inactivity and weight gain that often occurs during the winter months. Participants of past Body Challenge programs have experienced substantial improvements in body measurements and weight loss of one to three pounds per week! The Body Challenge is sure to get you in shape for your summer vacation!

Program includes:

- Free access to group fitness classes at the Community Center
- A weekly small group training session with a personal trainer
- Pre and Post body measurements
- Tracking of physical activity, nutrition, and progress towards goals

Each week participants will receive:

- analysis and feedback on exercise and nutrition logs
- exercise recommendations from a personal trainer
- suggestions and tips for improved nutrition habits
- informative articles discussing exercise and nutrition principles

The Body Challenger with the greatest improvements in body measurements will receive free registration to a fitness class during the session and two free personal training sessions. Informational meeting March 28th at 5:00 p.m.



Nordic Walking

Looking for a way to exercise year-round that is fun, safe and convenient? Then Nordic walking may be the perfect activity for you! Practiced regularly by many people in Scandinavia and Europe, Nordic walking is one of the world's fastest growing fitness trends, and is a great way for anyone to improve their health regardless of age, weight or gender. It provides all the benefits of walking—and more!

Through the use of specially designed walking poles, Nordic walking gives you a full body workout that is easy on your joints, and can help you increase your cardiovascular fitness, lose weight, improve mental wellbeing, and relieve neck and back pain.

GET STARTED NORDIC WALKING

Sunday, March 14 1:00 P.M. – 2:30 P.M.

\$25 **Activity # 110236-01**

Room 206

This course will introduce students to the basics of Nordic Walking, explain proper use of equipment, and provide other information to help you get started. Come dressed and prepared to do some practice walking outdoors.

NORDIC WALKING FOR EVERYONE

Tuesdays, April 27 – May 18 (6 weeks) 6:30 P.M. – 7:30 P.M.

\$100; \$95 Shoreview Resident **Activity # 210236-01**

Shoreview Community Center & Local Trails

This course will introduce students to fundamentals of Nordic walking, provide instruction in technique and proper use of equipment, and emphasize getting the maximum physical and psychological benefit each time you walk. Special Nordic walking poles will be provided by the instructor, or students may bring their own. Novice Nordic walkers who wish to practice and improve their technique are welcome!



RUN/WALK TRAINING (5K & UP)

Tuesdays, March 23 – May 29 (10 weeks)

6:30 P.M. and Saturdays, 8:30 A.M.

\$100; \$95 Shoreview Resident **Activity # 210217-01**

Shoreview Community Center

Whether you're an experienced runner or beginning walker, this 5K training group will get you ready for the spring and summer run/walk events that you've always wanted to enter. Weekly group runs are led by personal trainers and accommodate all fitness levels. Participants can attend up to 2 group training sessions each week and will receive a program for additional running sessions to be conducted on their own. Running specific strength exercises will also be provided to help prevent injuries and improve performance.

TRIATHLON TRAINING

March 29 – May 23 (8 weeks)

\$229 **Activity # 210216-01**

Successful completion of a triathlon requires proper physical training, efficient technique, and a quality race plan. Our trainers will apply their experience and knowledge of triathlon training that they have gained as triathletes and coaches. The winter Triathlon Training program includes swim, cycle, and run group training sessions that will improve your form, technique, speed, and stamina and provide a base of fitness that will prepare you for the 2010 triathlon season.

Participation in the triathlon Training Program includes:

- 1 weekly swim training session
- 1 weekly cycle training session
- 1 weekly run training session
- supplemental strength training program guidelines
- assistance with race plans, transition phases, and nutrition

Call 651-490-4768 for more details.

Traditional Tae Kwon Do

Tae Kwon Do emphasizes both physical and mental discipline unlike any other martial arts program. Classes will teach kicking, punching, striking, and blocking techniques through the philosophy and discipline of traditional Tae Kwon Do. While learning self defense, you will develop both physically and mentally. You will improve your stamina, strength, speed, agility, coordination, flexibility, balance, reflexes, concentration and confidence. Classes are taught by certified instructors of Sun Yi's Academy of Traditional Tae Kwon Do.

FAMILY DISCOUNT

\$15 off for second family member
\$25 off for third family member

BEGINNER CLASS

Tuesdays and Thursdays 6:00 P.M. – 7:00 P.M.

Session A: March 30 – May 6 (6 weeks)

\$89; \$80 Shoreview Resident **Activity # 210230-01**

Session B: May 11 – June 10 (5 weeks)

\$74; \$66 Shoreview Resident **Activity # 210232-01**

For ages 7 and older. This class is designed for individuals and families and will teach basic principals and techniques. Small groups or individual attention will be provided as necessary if varying skill levels are apparent. Wear loose fitting clothing. You do not need a uniform for this class.

ADVANCED CLASS

Tuesdays and Thursdays 7:00 P.M. – 8:00 P.M.

Session A: March 30 – May 6 (6 weeks)

\$89; \$80 Shoreview Resident **Activity # 210231-01**

Session B: May 11 – June 10 (5 weeks)

\$74; \$66 Shoreview Resident **Activity # 210233-01**

For ages 7 and older who have completed the beginner class. This class will further the student's skills for powerful self defense. (Students must attend the beginner class prior to taking the advanced class even if they have Tae Kwon Do experience. Promotion to the advanced class may be determined at the instructor's discretion.) A uniform is required and available through the instructor.

What Is Kids Care?

Kids Care provides a stimulating environment for your child to explore and interact with other children while you enjoy the benefits of the facility. Our program offers no structured curriculum. Kids Care is located on the lower level of the Shoreview Community Center. Parents can remain in the facility or use this program to get away and have some time alone!

The direct line for Kids Care is 651-490-4763

Please call this number to leave reservation information.

Hours

Monday–Friday 8:30 A.M. – 12:30 P.M. & 4:00 P.M. – 8:00 P.M.
Saturdays 8:30 A.M. – 12:30 P.M.

CLOSED: April 3

May 28, 4 – 8

May 29, 31

Member/Fitness Class Participant Rate

\$1 per hour (per child) – some restrictions apply

Customers that hold an active community center membership or are currently registered and participating in a fitness class may use Kids Care for \$1 per hour per child (no pro-rating for partial hours). Customers must remain in the building. This rate does not apply to fitness class punch cards or drop-ins. If customer chooses to leave the building, the drop in rate applies. **Payment must be rendered at the time of service at the lower service desk.**

Drop In Rate

\$4.50 per hour, per child

\$3.75 per hour, per child Shoreview Resident

Any family, resident and non-resident may take advantage of our Kids Care program at a drop in rate. Minimum of one hour. **Payment must be rendered at the time of service at the lower service desk.**

Out and About Program

Drop In Rates Apply

This program is designed for a little “me” time! Drop off your child in our care and run some errands, go out for lunch or plan a night out! Maximum stay is 3 hours: Monday – Friday, 9:00-Noon and 4:30-7:30. Saturday 9:00-Noon.

Payment must be rendered at the time of service at the lower service desk.

Kids Care Policies

- **Reservations will be guaranteed if submitted within 24 hours. Drop-ins are taken, however, not guaranteed space.**
- Children must be 6 months to 12 years of age.
- Kids Care will provide diaper-changing services as well as a time for children to eat a snack that they bring (no gum, hard candy or red juice). Kids Care is a peanut free environment. Please label all bottles, snacks, cups, toys, etc.
- The ratio of Kids Care attendants to children is 1:8, with additional consideration given to situations with a large number of infants. The decision on the number of children accepted will be at the discretion of the Kids Care staff and management.
- When placing an infant in Kids Care who is unable to sit up on his/her own, please bring an infant seat.
- Children displaying symptoms of illness will not be permitted to remain under our care.
- Children are allowed a maximum of 3 hours in Kids Care daily.
- Parents are required to fill out an emergency health form and update annually.

Please refer to our Parent Handbook for more information on additional policies and procedures.



SHOREVIEW EGG HUNT

Ages 10 and under

Saturday, March 27 9:30 A.M. – 11:00 A.M.
\$10 per child **Activity # 260219-01**

Shoreview Community Center

Join the Bunny in an eggciting hunt for prize-filled eggs. Then, hop inside for an eggcellent snack, door prizes and entertainment. Great fun for your little bunnies ages 10 and under. Space is limited. To reserve a spot, please register by Monday, March 22. **The Shoreview Egg Hunt is held outdoors. Please dress for the weather.**



RUN & ROMP

Saturday, April 24 10:00 A.M. – 7.5K
..... 11:30 A.M. – 4K & 2K
\$20 per person; \$15 under 12 (Raceday registration: add \$5)
Adult (12 and up) **Activity # 260220-01**
Under 12 **Activity # 260220-02**

Shoreview Community Center Pavilion

The tenth annual Run & Romp, a “six-leg” event, (you and your dog), will take place Saturday, April 25. Join Mayor Sandy Martin and Shoreview’s First Dog, Rookie, in either a 7.5K run at 10 A.M. or a walk of 4K or 2K at 11:30 A.M., setting out from the Community Center Pavilion and following the trails of Snail Lake Regional Park. T-shirt for you, bandana for your dog and treats for all! Proceeds go to the Ramsey County K-9 Foundation, Helping Paws to train wheelchair-assist dogs, and to the Healthy Youth Foundation for Rotary youth scholarships. Register by April 20 or on race day.



FAMILY HEALTH AND FITNESS EXPO

Sunday, April 25 3:00 P.M. – 6:00 P.M.
FREE

Shoreview Community Center

Geared toward families. Join us for our first Family Health and Fitness Expo! This will be a FREE, fun-filled afternoon of activities that are designed to educate and promote healthier habits for both parents and kids. We will celebrate making fitness fun, and introduce families to an array of Shoreview Parks and Recreation programs, while giving families some of the tools that teach healthy behaviors and tips for learning to take care of themselves for a lifetime.

Free admission to the Shoreview Community Center & Tropics Indoor Waterpark during the Expo – bring the entire family! Youth and adult fitness class demo’s will be offered throughout the afternoon. Watch for a schedule of events for the day.

DAZZLING DIVAS

Ages 3 to 8

Saturday, May 1 9:30 A.M. – 11:00 A.M.
\$10; \$8 Shoreview Resident **Activity # 260417-01**

Shoreview Community Center

Be transformed into a Diva for a Day! Come dressed in your most glam outfit or princess dress and bring along your favorite adult for a morning of fun. There will be crafts, music, a chance to get your nails or hair done, and more. The morning will be topped off with a fashion show featuring all of our Dazzling Divas strutting down the red carpet! Make sure to bring your camera! Register early, space is limited! Registration deadline is Monday, April 26.

KIDS CORNER PRESCHOOL

2010-2011 School Year

Calling all 2½-5 year olds. Our preschool program offers your child a variety of fun and educational activities designed to stimulate their social and intellectual development as they move along the road to Kindergarten. School Year Dates are September 7, 2010 – May 27, 2011.

To determine class availability and for a registration form please call 651-490-4750. A \$50

non-refundable registration fee is required at the time of registration. This fee is not applied toward tuition.



MONDAY FUNDAY

Morning Monday Funday 9:00 A.M. – 10:30 A.M.
Afternoon Monday Funday 11:00 A.M. – 12:30 P.M.
\$50/month; \$45/month Shoreview Resident

Calling all 2½ to 3-year olds! You are invited to a preschool class packed full with fun activities. Our class time will include dramatic play, storytelling, music and art projects. Children must be 3 years old by December 1, 2010.

FRIDAY FUNDAY

Morning Friday Funday 9:00 A.M. – 10:30 A.M.
Afternoon Friday Funday 11:00 A.M. – 12:30 P.M.
\$50/month; \$45/month Shoreview Resident

A special class just for 2½ to 3-year olds! This preschool class is packed full with fun activities. Our class time will include dramatic play, storytelling, music and art projects. Class curriculum will vary from the Monday Funday class. Children must be 3 years old by December 1, 2010.

TINY TREASURES

Wednesday & Friday 9:00 A.M. – 11:30 A.M.
\$100/month; \$95/month Shoreview Resident

Children ages 3 to 4 will enjoy a morning of educational activities and fun. This preschool class emphasizes the development of fine and large motor coordination, introducing shapes, colors, numbers, and letters. The program will include dramatic play, music, story time, a snack, creative movement, and arts and crafts. A half-hour of gym time is also included. Children must be 3 by September 1, 2010.

ABC'S & 123'S

Tuesday & Thursday 1:00 P.M. – 3:30 P.M.
\$105/month; \$100/month Shoreview Resident

This preschool class is designed for 3 and 4 year olds. Students will have fun learning about letters and numbers in a nurturing environment. Class time will include early learning activities, creative movement, finger plays, songs, story time, and science activities. A half-hour of gym time is also included. Children must be 3 by September 1, 2010.

ALPHA KIDS

Tuesday & Thursday 9:00 A.M. – 12:00 P.M.
\$115/month; \$110/month Shoreview Resident

Designed for 4 to 5 year olds as a final step in preparation for Kindergarten. Students will focus on pre-reading and pre-arithmetic skills along with social skills in a fun and supportive environment. The confidence of understanding how to relate in a classroom setting along with basic education will aid children in the next educational step. A half-hour of gym time each week will be included. Children need to be 4 years old by September 1, 2010.

STEPPING STONES

Monday, Wednesday, Friday 12:30 P.M. – 3:30 P.M.
\$150/month; \$145/month Shoreview Resident

This afternoon preschool class will offer your 4 to 5 year old a chance to prepare for his or her next step in a warm and loving environment. Ideal for students who are stepping into Kindergarten during the following school year. We'll center our learning around activities highlighting pre-reading, pre-science, and pre-arithmetic skills. A half-hour of gym time is included. Children must be 4 years old by Sept. 1, 2010.

BUSY BUDDIES

Monday 9:00 A.M. – 11:30 A.M.
\$80/month; \$75/month Shoreview Resident

This class will offer 3 to 5 year old children a variety of activities within our Community Center. Eight week sessions of swim lessons will be included in the fall, winter & spring, a variety of enrichment activities, as well as gym time, class time for singing, finger plays, stories, a snack & craft. Children must be 3 by September 1, 2010.

Looking for preschool classes for this year? We have openings in several classes. Please call 651-490-4750 for information.

TUMBLING

Saturdays, March 27 – May 15 (8 weeks)

Children will discover the sport of tumbling within a positive, educational atmosphere. Along with athletics, participants will learn self-discipline and have fun in a modern facility designed for safety and comfort. Please register your child in the appropriate skill level; this will ensure that all participants learn as much as possible. For answers to your questions about placement, call 651-490-4750.

TODDLER AND PARENT

Ages 2 and 3

Saturdays 9:00 A.M. – 9:45 A.M.
\$77; \$67 Shoreview Resident **Activity # 280101-01**

A fast-paced class for energetic 2 and 3 year old toddlers to explore their motor skills. This class is an excellent opportunity for youngsters to safely increase body awareness and coordination. The loose structure of this class allows children to acquire skills according to their own abilities and interests. One child per adult. Parent participation and support are part of the class. No siblings will be allowed on gymnastics equipment.

TUMBLING TYKES

Ages 3 and 4

Saturdays 10:00 A.M. – 10:45 A.M.
\$77; \$67 Shoreview Resident **Activity # 280102-01**

Enhance your preschooler's hand-eye coordination and motor skills. Designed for active 3- and 4-year olds who want to learn basic tumbling, using special equipment designed for smaller gymnasts.



ROLLY POLLYS

Ages 4 and 5

Saturdays 11:00 A.M. – 11:45 A.M.
\$77; \$67 Shoreview Resident **Activity # 280103-01**

For the active 4- to 5-year old child, we offer a special class that teaches basic tumbling and works on hand-eye coordination and motor skills. Participants will begin to learn basic skills on floor, balance beam, bars and vault.

BEGINNERS HEADSTANDERS/ HANDSTANDERS

Ages 5 to 8

Saturdays 12:00 P.M. – 12:45 P.M.
\$77; \$67 Shoreview Resident **Activity # 280104-01**

Designed for children 5 to 8 years old who want to learn the sport of gymnastics. Emphasis will be on learning and mastering the basic positions and skills on the floor, beam, bars and vault.



PRESCHOOL PROGRAMS



WIGGLE, JIGGLE, GYM

Ages 3 and 4

Wednesdays, March 24 – May 12 10:00 A.M. – 10:45 A.M.
\$40; \$35 Shoreview Resident **Activity # 280202-01**

Shoreview Community Center– Gym Activity Room

Jump up, jump down. Touch your toes and spin around. This class is a great way to introduce your preschooler to movement. Get energized by skipping, jumping, twisting, listening to fun music, and much more. Space is limited, so register early.

FAMILY FUN GYM TIME

Ages 1 to 5

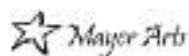
Wednesdays, March 24 – May 12 11:00 A.M. – 12:00 P.M.
\$35; \$30 Shoreview Resident **Activity # 280201-01**

Shoreview Community Center– Gym Activity Room

Move and groove your way through class with the help of your favorite adult! A great opportunity to introduce your little one to the world of fitness while having fun. Your child will enjoy this unstructured time for play. Register deadline January 6. Adult must participate with child.

WISH UPON A BALLET

Ages 3 to 5



Tuesday or Wednesday \$59

Tuesdays, April 20 – May 25 (6 weeks)

9:30 A.M. – 10:15 A.M. **Activity # 270202-01**

Wednesdays, April 21 – May 26 (6 weeks)

6:00 P.M. – 6:45 P.M. **Activity # 270202-02**

Shoreview Community Center– Gym Activity Room

Wish upon a Ballet is a dance program for children that incorporates popular children's stories as well as ballet to create a dance class that is more than ballet steps. Using musical instruments, parachutes and scarves we will create a complete fairy tale experience while we skip, leap, jump and spin. This way an introduction to the movements and vocabulary of ballet are taught in a fun and creative manner. Children will learn an appreciation of dance and music while developing strength and flexibility. Parents, family and friends will be invited to observe a special performance at the end of each session. Come join the fun! Girls and boys will need ballet shoes. Girls should wear a leotard and tights. Boys should wear comfortable clothes they can move around in. Shoes will be available to order at the first day of class for an extra fee.

MUSIC TOGETHER

Our exciting classes offered by Music Together in the Valley® are filled with infants, toddlers, preschoolers and the grownups who love them. You'll move, sing, play rhythm instruments and share 45 minutes of PURE FUN with your child(ren). Families receive CDs and songbooks of the session's song collection so the learning can continue at home. Music Together is an internationally recognized early childhood music and movement program for children from birth to age 5 and an adult. Its classes are based on the recognition that all children are musical. Given a rich, stimulating musical environment during the crucial developmental period of early childhood, all children can learn to sing in tune, keep a beat and participate with confidence and pleasure in the wonderful world of music making. All classes are mixed-age, so siblings can participate together. Infants, eight months or under on the first day of the session are free with a paying sibling. For more information or specific questions about the classes, call or email Clarice Auluck-Wilson, director of Music Together in the Valley at 651-439-4219 or

Clarice@MusicTogetherClasses.com or visit **www.MusicTogetherClasses.com**.

Shoreview Community Center

Rate \$160 first child; \$90 each additional child
8 months and under free (born on or after July 29, 2009)

Mondays, March 29 – June 7 (10 weeks; No class May 31)

. 9:30 A.M., 10:30 A.M., 11:30 A.M., 5:00 P.M., 6:00 P.M.

Sundays, March 28 – June 6 (10 weeks; No class April 4)

. 4:30 P.M., 5:30 P.M.

To Register:

Registration is ONLY AVAILABLE on-line at **www.MusicTogetherClasses.com**.

FREE Demo Music Together in the Valley Classes

Sunday, March 21 4:30 P.M.

Monday, March 22

. 9:30 A.M., 10:30 A.M., 5:00 P.M. and 6:00 P.M.



SUPERSITTER BABYSITTING CLINIC

Grades 5 to 7

Saturdays, March 6 & 13 8:30 A.M. – 12:00 P.M.
\$55; \$45 Shoreview Resident **Activity # 150101-02**

Saturdays, May 8 & 15 8:30 A.M. – 12:00 P.M.
\$55; \$45 Shoreview Resident **Activity # 250101-01**

Shoreview Community Center

Both beginning and experienced sitters benefit from this comprehensive clinic. Instructors cover the basics of child care, first aid, sitter safety, crafts, kid proofing, toys, nutrition and more. Participants who successfully complete the program will receive a certificate of completion. Course fee includes sitter manual, first aid handbook, and sitter sack to use on the job. To find out how to set up a class for your scout group, call 651-490-4750. Must have a minimum of 10 participants to run the class.

KIDS IN THE KITCHEN

Ages 8 to 12

Tuesdays, March 30 – May 11 5:30 P.M. – 7:30 P.M.
\$85, \$75 Shoreview Resident **Activity # 270302-01**

Come into our Kitchen where kids learn all the basics of cooking...and learn that cooking can be quite creative, full of discovery and a whole lot of fun!. You'll also make your own apron and take home a cookbook full of all the recipes you learn. **Register by March 23.**



CHEER AMERICA

Ages 4 to 16

Thursdays, Feb. 11 – April 29 (11 weeks)

6:00–6:45 P.M. (ages 4 to 8), 7:00–7:45 P.M. (ages 9 to 16)

\$6 per week; one time registration fee of \$4

Shoreview Community Center

Cheer America is an exciting cheerleading and dance program for children ages 4 to 16. Students learn popular cheers, chants, jumps, leaps, choreographed pom pom/dance routines, parade marching techniques, and other skills involved in performances, competitions and school cheerleading team tryouts. This program promotes improved coordination and physical fitness, personal esteem, and working as a cooperative team member with other children on the cheerleading squad. At the conclusion of the session, the Cheer America team has a recital for parents, families, friends, and others. Registration materials are available prior to each week's class. **Registration and information session: Feb. 4, 6:00 P.M. – 7:00 P.M.**

KIDS' YOGA

Ages 5 and up

Saturdays, March 29 – June 4 10:00 A.M. – 10:45 A.M.

\$40; \$35 Shoreview Resident **Activity # 210245-01**

Studio 1, Shoreview Community Center

Yoga is an excellent, non-competitive form of exercise for children combining the development of active flexibility and strength using their own body weight. This encourages children to learn to listen to their bodies. Using breathing techniques with yoga poses helps children learn how to balance and manage their emotions and daily challenges. Kids yoga offers the joy of playing with others while becoming more comfortable with yourself and your own accomplishments.

YOUTH PROGRAMS

SCHOOL'S OUT DISCOVERY CAMPS

Grades K-5

Time 9:00 A.M. – 5:00 P.M.
Before Care 7:00 A.M. – 9:00 A.M.
After Care 5:00 P.M. – 6:00 P.M.
\$36/day; \$30 Shoreview Resident; \$5 Before/After care

Shoreview Community Center

Monday, March 15 **Activity #260208-01**
Before/After **Activity #260208-02**
Tuesday, March 16 **Activity #260208-03**
Before/After **Activity #260208-04**
Wednesday, March 17 **Activity #260208-05**
Before/After **Activity #260208-06**
Thursday, March 18 **Activity #260208-07**
Before/After **Activity #260208-08**
Friday, March 19 **Activity #260208-09**
Before/After **Activity #260208-10**

We are your resource for childcare on school's out days! Your child will participate in fun activities, crafts, games, and pool time at the Tropics Indoor Waterpark under the supervision of our highly trained and qualified staff. Choose before and after care to tailor this program to your specific schedule. Please send a bag lunch, swimsuit, and towel. We will provide all other supplies, including a snack. **Space is limited – register early!**



Grades K-6 (during the 2009-10 School Year)

Leaders in Training grades 6-8 during the 2009-10 School Year.

June 14-September 3, 2010

Are you looking for a safe and fun place to send the kids during the summer? Look no further than Shoreview Parks and Recreation Summer Discovery Program! This 12 week summer child care program offers your child the opportunity to have a fun-filled, jam-packed summer while under the guidance of highly qualified staff. Each week will have many activities for your child, including a weekly field trip, swimming 3 days per week, games, crafts, and enrichment classes. Flexible scheduling available with the ability to register for 3, 4 or 5 days per week.

*Registration will begin Thursday, March 4, 2010, beginning at 5:00 A.M. when the Shoreview Community Center opens. Registration forms are available February 1. Register early as spots fill quickly! For more details please call Becky Sola at 651-490-4764.



After School Sports

Our After School Sports program offers variety of age appropriate activities with a focus on fun. All classes are for boys and girls, and are held for 6 sessions. Participants should meet in the gym for each class. For more information, please call 651-490-4750.

ELEMENTARY TRACK

Grades 4 and 5

On your mark, get set, have fun! Join your friends this spring in Elementary Track as we put fun in fitness. Try the high jump, 60-meter dash, relay events and much more! Offered at Island Lake and Turtle Lake Elementary. Practice will begin sometime the week of April 26. **Look for a flyer to be distributed in school early April.**

SPORTS GAMES

4 years to Kindergarten 4:35 P.M. – 5:35 P.M.
\$36 per participant

Island Lake Elementary – West Gym

Wednesdays, April 14 – May 19 **Activity # 290407-01**

Turtle Lake Elementary – West Gym

Mondays, April 12 – May 17 **Activity # 290407-02**

Jump, catch, dribble, and kick! Children will learn about sports and develop skills. Instructors will teach kids according to skill level. Sports include soccer, floor hockey, kickball, and others.

BASEBALL & SOCCER

Grades 1 – 3 3:25 P.M. – 4:25 P.M.
\$36 per participant

Island Lake Elementary – West Gym

Wednesdays, April 14 – May 19 **Activity # 290401-01**

Turtle Lake Elementary – West Gym

Mondays, April 12 – May 17 **Activity # 290401-02**

Throw, catch, dribble, and kick—these fun activities make this class a hit! Our instructor will lead sessions in soccer and baseball.



MINI KICKERS CAMP

Ages 3 to 8 \$65; \$60 Shoreview Resident
Shoreview Community Center Gym

Ages 3 to 5 Tuesdays and Thursdays, April 6 – 22

1:30 P.M. – 2:00 P.M. **Activity# 290801-01**

Or

2:10 P.M. – 2:40 P.M. **Activity# 290801-02**

Ages 6 to 8 Saturdays, April 10 – May 15

9:00 A.M. – 9:30 A.M. **Activity# 290801-03**

Or

9:40 A.M. – 10:10 A.M. **Activity# 290801-04**

Come out and learn the fundamentals of little kids' soccer. This is a great class for learning the basic skills and sportsmanship of soccer. John Swallen, former goalkeeper for the Minnesota Thunder, will teach youth through a variety of fun soccer games. Classes meet for six sessions.

SPRING SPORTS WARMUP

Ages 4 – Grade 3 \$40, \$35 Shoreview Resident
Commons Park

* Soccer will meet at the small field by Skate Park.

* TBall and Baseball will meet at the ball field by the tennis courts

Spring Soccer Warmup, 4 years to Kindergarten

4:30 P.M. – 5:20 P.M.

Mondays, April 19 – May 17 **Activity #290802-01**

Wednesdays, April 21 – May 19 **Activity #290802-02**

Spring Soccer Warmup, Grades 1 to 3

5:30 P.M. – 6:30 P.M.

Mondays, April 19 – May 17 **Activity #290803-01**

Wednesdays, April 21 – May 19 **Activity #290803-02**

Spring TBall Warmup, 4 & 5 years old

4:30 P.M. – 5:20 P.M.

Tuesdays, April 20 – May 18 **Activity #290804-01**

Thursdays, April 22 – May 20 **Activity #290804-02**

Spring Baseball Warmup, Kindergarten to Grade 3

5:30 P.M. – 6:30 P.M.

Tuesdays, April 20 – May 18 **Activity #290805-01**

Thursdays, April 22 – May 20 **Activity #290805-02**

Are you ready for summer sports? Come out and get a head-start on this summer; learn the basic skills of soccer or baseball through drills and games. You and your friends will have a great time. Classes are held outside; please dress appropriately for the weather. **Any cancelled classes will be made up the week of May 24-27.**

WEATHER LINE

Weather line (651-490-4765) is updated by 3:30 P.M. After 3:30 P.M., the decision to play will be made on the field by the instructor.

SUMMER YOUTH SPORTS LEAGUES

Registration for summer youth sports leagues began this spring. Registration deadline is May 3. Registrations submitted after May 3 will be subject to availability and a \$10 late fee. No special friend requests accepted after the deadline.

Volunteer coaches are needed for all youth sports leagues. If you sign up to be a coach, your child's registration fee will be refunded at the end of the season (one child per team coached). Please complete the box on the registration form if you are interested in coaching. If you have any questions contact Jeremy Bailey at 651-490-4753.

SOFTBALL LEAGUES

Grade levels based on 2009–10 school year

Mondays and Wednesdays, June 2–July 28. Games and practices last for one hour, starting at 6:00 P.M. or 7:15 P.M.

\$55, \$45 Shoreview Resident

\$65, \$55 Shoreview Resident (fee after May 3)

CoRec (Coach-Pitch), Grades 3-4 . . . Activity # 390301-01

Girl's Slow Pitch, Grades 5-6 Activity # 390302-01

Girl's Slow Pitch, Grades 7-8 Activity # 390303-01

The youth softball program is designed to improve participant's skills and teamwork while creating a fun, positive environment. All teams use an 11" softball. Every effort is made to rotate players through all of the positions of softball and provide equal playing time. Players will receive a t-shirt and hat.

COACHES MEETING: Wednesday, May 19, 7:15–8:15 P.M., Shoreview Community Center

T-BALL & BASEBALL LEAGUES

Grade levels based on 2009–10 school year (Must be 4 by Aug. 31)

Games and practices last for one hour, starting at 6:00 P.M. or 7:15 P.M.

\$55, \$45 Shoreview Resident

\$65, \$55 Shoreview Resident (fee after May 3)

Mini Sluggers (CoRec T-Ball), Ages 4-5

Tues & Thurs, June 1–July 29 Activity # 390101-01

Little Sluggers (CoRec Coach Pitch), Gr K-1

Tues & Thurs, June 1–July 29 Activity # 390102-01

Sluggers (CoRec Coach Pitch), Grades 2-3

Tues & Thurs, June 1–July 29 Activity # 390103-01

Slammers (Boys Kid Pitch), Grades 4-5

Mon & Wed, June 2–July 28 Activity # 390104-01

This CoRec program is designed to introduce youth to the game of baseball. The program will include practices and instructional, fun-filled games against other teams. Players will receive a t-shirt and hat. A tee will be used if necessary in the Little Sluggers league.

COACHES MEETING: Wednesday, May 19, 6:00–7:00 P.M., Shoreview Community Center

SUMMER SOCCER LEAGUES

Grade levels based on 2010–11 school year

(Must be age 4 by August 31)

Games and practices last for one hour, starting at 6:00 P.M. or 7:15 P.M.

\$53, \$43 Shoreview Resident

\$63, \$53 Shoreview Resident (fee after May 3)

Mini Mites CoRec, 4 years to Kindergarten

Mondays, June 7–July 26 Activity # 390201-01

Mites CoRec, Grades 1 and 2

Mon. & Wed., June 2–July 28 Activity # 390202-01

Squirts CoRec, Grades 3 and 4

Tues. & Thurs., June 1–July 29 Activity # 390203-01

Our soccer leagues focus on learning the basic skills, fundamentals and rules of soccer through fun filled practices and games against other teams. Program consists of one practice and one game each week (Mini Mites—one day a week). Players will receive a t-shirt and are required to wear shin guards.

COACHES MEETINGS: Thursday, May 20, Shoreview Community Center

MITES AND SQUIRTS from 6:00 P.M. – 7:00 P.M.

MINI MITES from 7:15 P.M. – 8:15 P.M.



IMPORTANT SUMMER LEAGUE INFORMATION

- You may request to be on a team with a friend, but that friend must request you as well. One special request per player, no chain requests will be allowed. All teammate requests must be submitted by May 3. There is no guarantee that special friend requests can be honored.
- No requests, roster changes, or refunds will be honored after the May 3 deadline.
- A volunteer coach will contact you with your first practice time and location the week of May 24. A detailed schedule for the whole season will be given out at the first practice.
- Practices and games will be held at various parks in Shoreview or neighboring cities.
- Every attempt is made to organize teams by school or neighborhoods.



SHOREVIEW TEEN ADVISORY COUNCIL – STAC

Calling 12 to 16 year olds that are looking for an opportunity for their voice to be heard and to make a difference in the city of Shoreview! Join Shoreview's Brand New Teen Advisory Council. This new council will work together to address the needs of the teens in the community and plan a variety of activities that will bring those teens together. For more information and an application call Becky at 651-490-4764 or email at rsola@shoreviewmn.gov.

MIDDLE SCHOOL MANIA

Grades 6-8

Fridays, Feb. 26, May 14 7:00 P.M. – 10:00 P.M.

\$6 in advance; \$8 at the door

Feb. 26 **Activity # 170618-02**

May 14 **Activity # 270618-01**

Shoreview Community Center

Are you and your friends looking for something fun to do on Friday nights? Come and check out Teen nights at the Shoreview Community Center! Theme nights include swimming, gaming, dodgeball, food and more! Bring all your friends! See you at the door!

TEEN LOCK-IN

Ages 11-14

Friday, April 16 8:00 P.M. – 8:00 A.M.

\$40 **Activity # 270619-01**

Arden Hills City Hall

Join us for a night of FUN! This one's going ALLLLL night, and its sure to be a blast! There'll be, movies, games, video games, karaoke, scavenger hunt, and more! Bring your sleeping bag and pillow, but chances are you won't need it!

WII CHALLENGE

Wii Challenge open time Every Thursday, Mar. 25 – May 27

\$2.00 per day **Activity # 270625-01**

Shoreview Community Center

Bring your skills, challenge your friends see who can be the top Wii!! Join us every Thursday evening for Wii fun. We will set up the Wii's with a variety of games that are available for your use. This open Wii challenge will run from 4:00 – 6:00 P.M. We will periodically throw in a Wii battle, so bring your best!

TEEN GOLF TOURNAMENT

Ages 11-16

Saturday, May 15

\$30/person (includes golf fee & Treats) . . . **Activity # 270621-01**

Katehaven Golf Course

Teens age 11 -16 please join the Shoreview Parks and Recreation Teen Golf Tournament. Grab some friends and sign up as a foursome or sign up as a single. This is a coed tournament that promises to be a good time for all.



MORE TEEN PROGRAMS

Group Fitness Classes

(14 & older; 12 & 13 with an adult) p. 33

Tae Kwon Do p. 41

Cheerleading p. 47

TENNIS LESSONS

As a member of the United States Tennis Association (USTA), we are able to provide you with quality instruction that meets national standards in technique and appropriateness for varying skill levels. Using USA Tennis 1-2-3 fundamentals, instructors will help participants progress from basic skills through intermediate skills. Participants should bring their own racquet and water bottle. Sign up with a friend or family member. Meet other players, develop your skills, get some exercise—and, most of all, have fun! Classes meet for six 55-minute lessons. Pee Wees meet for 45-minutes. Tennis balls are provided. Weather cancellations will be made at the court by the instructor.

WEATHER LINE

Weather line **(651-490-4765)** is updated by 3:30 P.M. After 3:30 P.M., the instructor will make the decision at the court.



GROUP LESSONS

All group lessons \$54; \$44 Shoreview Resident

PeeWees Ages 5 to 7

Using USA Tennis 1-2-3 fundamentals, PeeWees are taught the basics of tennis in a fun, exciting environment. The instructor introduces tennis slowly using beach balls, bean bags, and integrating games progressing at individual's pace. Balls are provided. Children should bring their own junior size racquet and a water bottle.

Junior Beginners Ages 7 to 12

For players with little or no tennis experience. Instruction focuses on grip, rules, and fundamental strokes.

Adult Basics Ages 18+

Brushing up on your tennis skills—or even just getting started—is easy and fun with our Basics class, an accelerated six-lesson program. All tennis basics will be covered, including actual play led by instructor. Instructor will group participants of similar ability.

PRIVATE LESSONS

Five 1-hour Sessions

\$145; \$135 Shoreview Resident

Semi Rate: \$125; \$115 each for two Shoreview Residents

Youth **Activity # 290603-01**

Adult **Activity # 220903-01**

Semi **Activity # 290602-01**

Personalized high-quality tennis instruction for players who want to improve their court game. This program offers one-on-one tennis instruction for the casual or avid tennis player. Our instructors will help you work on your ground strokes, serves, volleys, lobs, and smashes in an individual setting. Semi private lessons are for participants of equivalent ability.

Please note: Our instructors have other job responsibilities outside of the individual tennis instruction. They come specifically to teach tennis to individuals. For this reason, please note that notice of any cancellation must be given 24 hours in advance, or you will forfeit the session.

SPRING TENNIS LESSON SCHEDULE

All classes at Bobby Theisen Park

EVENING LESSONS

Mondays & Wednesdays, April 26 – May 12

Tuesdays & Thursdays, April 27 – May 13

Make-up lessons held the week of May 17 if necessary.

PeeWees 5:45 P.M. – 6:30 P.M.

Mon & Wed **Activity #290606-01**

Tues & Thurs **Activity #290606-02**

Junior Beginners 6:35 P.M. – 7:30 P.M.

Mon & Wed **Activity #290607-01**

Tues & Thurs **Activity #290607-02**

MORNING LESSONS

Saturdays, April 17 – May 22

Make-up lessons held June 5 and 12 if necessary.

PeeWees

10:00 A.M. – 10:45 A.M. **Activity #290606-03**

Junior Beginners

11:00 A.M. – 11:55 A.M. **Activity #290607-03**

Adult Basics

12:00 P.M. – 12:55 P.M. **Activity #220901-01**

USA TEAM TENNIS JUNIOR TEAM

Ages 14 and under

Mondays and Wednesdays, June 14 – Late July
1:30 P.M. – 3:30 P.M.

\$86; \$76 Shoreview Resident **Activity # 390604-01**

Mounds View High School

A mid-level program for kids entering grades 5–9 who are comfortable with full-court match play. Juniors play on a Shoreview/Arden Hills team in a league with teams from neighboring communities. **Transportation not provided.** Space is limited.

USA TEAM TENNIS SENIOR TEAM

Ages 18 and under

Tuesdays and Thursdays; June 15 – Late July
1:30 P.M. – 3:30 P.M.

\$86; \$76 Shoreview Resident **Activity # 390605-01**

Mounds View High School

Players entering grades 9 through 12 who plan to play high-school B squad, Junior Varsity, or Varsity tennis are invited to play in this upper level traveling league. **Transportation not provided.** Shoreview and Arden Hills will team up in a league with teams from neighboring communities.

ADULT TENNIS LADDER

Ages 18 and up

June 14 – August 31

\$25; \$20 Shoreview Resident

Men **Activity # 220904-01**

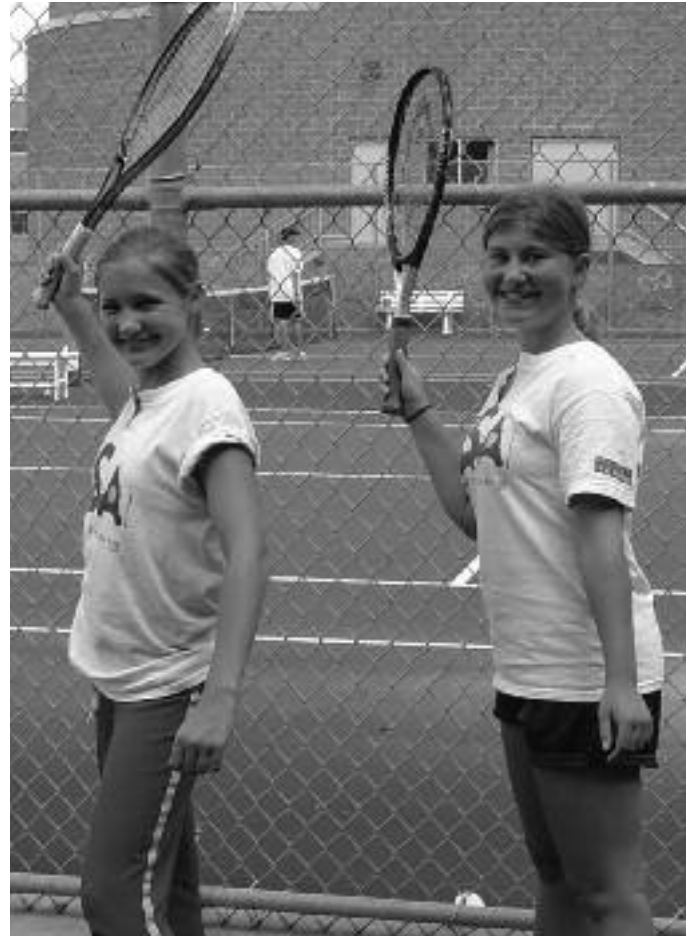
Women **Activity # 220904-02**

Men 55+ **Activity # 220904-03**

Women 55+ **Activity # 220904-04**

Location decided by players

Looking to brush up on your tennis skills in some friendly competitive matches? Sign up to participate in Shoreview's Tennis Ladder. Play whom you want, when you want, and where you want! Participants must play one match per week. Results will be tracked and emailed to participants. Awards given to top finishers in each division.



Area Tennis Courts

Bobby Theisen

Vivian and Country Road E 3 Courts

Bucher

5900 Mackubin Street 2 Courts

Chippewa Mid. School

5000 Hodgson Road 5 Courts

McCullough

915 Country Road I 2 Courts

Shamrock

5623 Snelling Avenue 2 Courts

Shoreview Commons

4600 Victoria Avenue 2 Courts

Sitzer

4344 Hodgson Road 2 Courts

Wilson

815 County Road F 2 (lighted) Courts

Start your spring by learning golf with the correct fundamentals or by changing old habits before they get too ingrained through our classes at Island Lake Golf & Training Center. You will be learning from an instructor trained by Greg Schulze, one of only 7 PGA Master Professional's of Instruction in Minnesota and the recipient of the 2007 Minnesota PGA Teacher of the Year Award. Island Lake Golf & Training Center is conveniently located behind the Shoreview Target store at the intersection of I-694 and Lexington Avenue. Bring your own clubs or they can be provided with advanced notice. Price includes all range balls.

THE BASICS OF GOLF

\$79; \$69 Shoreview Resident

Mondays, 5:30 P.M. – 6:30 P.M.

April 26, May 3, 10 **Activity # 220601-01**

Tuesdays, 5:30 P.M. – 6:30 P.M.

April 27, May 4, 11 **Activity # 220601-02**

Tuesdays, 10:00 A.M. – 11:00 A.M.

April 27, May 4, 11 **Activity # 220601-03**

Wednesdays, 5:30 P.M. – 6:30 P.M.

April 28 May 5, 12 **Activity # 220601-04**

This beginner course introduces you to the fundamentals of the pre-swing, full swing, putting and chipping with a strong emphasis on how to practice effectively. These 3- session hour-long lessons will have two goals, to have fun and learn golf for long-term enjoyment.

INTERMEDIATES – THE PROGRESSION OF LEARNING GOLF

\$79; \$69 Shoreview Resident

Mondays, 6:45 P.M. – 7:45 P.M.

April 26, May 3, 10 **Activity # 220602-01**

Tuesdays, 6:45 P.M. – 7:45 P.M.

April 27, May 4, 11 **Activity # 220602-02**

For those with some golf experience and understanding but want to challenge yourself to learn more and improve your scores. With increased skills always comes greater fun! Three 1-hour classes will expand on the fundamentals of putting, chipping, the full swing and mental skills.

JUNIORS – GETTING IT RIGHT THE FIRST TIME!

\$69; \$59 Shoreview Resident

Mondays, 4:30 P.M. – 5:15 P.M.

April 26, May 3, 10 **Activity # 290701-01**

Tuesdays, 4:30 P.M. – 5:15 P.M.

April 27, May 4, 11 **Activity # 290701-02**

Wednesdays, 4:30 P.M. – 5:15 P.M.

April 28 May 5, 12 **Activity # 290701-03**

Do you wish for your child to ingrain proper golf habits, which will not need correcting in the future? Learning the fundamentals of putting, chipping, full swing and fun ways to practice them correctly will transition good junior learners into future great adult golfers! Don't miss this opportunity. Three 45-minute classes are designed for kids ages 7 to 15.

PLAYING THE GAME – SKILL DEVELOPMENT ON THE COURSE

\$139; \$129 Shoreview Resident

Wednesdays, Starting at 6:45 P.M.

April 28 May 5, 12 **Activity # 220603-01**

The ultimate challenge of golf is to consistently improve your scores on the golf course. Designed for golfers with some experience or have taken an Island Lake course before, this class takes you out for 9 holes under the guidance of a trained instructor. A tee to green experience, you will learn golf etiquette, club selection, playing from unlevelled ground, long grass and much more. Three 90-minute sessions for ages 16 and up.

Questionable weather for Island Lake:

Please contact our Pro Shop at 651-787- 0383 to see the status of you lesson. If your lesson has been cancelled, the instructor will provide specific information on when it is to be rescheduled.

Other opportunities at Island Lake Golf and Training Center

Island Lake has many different leagues for you to join, including Junior, Beginners, Women's, Men's, Mixed-Adult and corporate leagues. Please contact the Island Lake Pro Shop at 651-787-0383 for more information.

Adult League Registration

Players and teams interested in participating in one of Shoreview's sports leagues should call the Parks and Recreation Office at 651-490-4753 and request registration information.

SOFTBALL LEAGUES

We offer a variety of co-rec and men's leagues for teams and players of different abilities and interests. Teams registered with the Minnesota Recreation and Parks Association (MRPA) and with United States Slo-Pitch Softball Association (USSSA). USSSA rules are used for all games.

Program Information

Teams must register for their correct level. For example, a D team cannot play in the E league. Regular season schedule consists of 12 single games or 20 double header games. All leagues will have a season ending single elimination playoff. Winners of each league will receive a paid berth to the USSSA Regional or State tournament. Final league standing will determine league champions. Balls and certified umpires are provided. Practices may be scheduled 1-week prior to season, depending on field conditions. Games will start Sunday, April 25. Register by Thursday, April 1.

Softball League Descriptions

Men's Recreation E: Good or new teams. Players are not as competitive as in D level, may be older, and have less experience or ability. Three home runs per team.

Men's Recreation D: Better teams. Many of the players hit well. Team capable of scoring many runs. Three home runs per team.

CoRec D: Average teams. Teams have players with broad range of ability levels. Three home runs per team. CoRec leagues use an 11-inch softball for women and a 12-inch softball for men.

Softball League Information

League	Day	Rate	Start Times	Activity #
<i>Single Header Leagues</i>				
Men's E	Tue	\$500	6:10 P.M. or 7:15 P.M.	220804-01
CoRec D	Mon	\$540	6:10 P.M. or 7:15 P.M.	220801-01
CoRec D	Thu	\$540	6:10 P.M. or 7:15 P.M.	220801-02
<i>Double Header Leagues</i>				
Men's E	Fri	\$630	6:10 P.M. & 7:15 P.M.	220804-02
Men's D	Wed	\$630	6:10 P.M. & 7:15 P.M.	220803-01
CoRec D	Sun	\$670	6:10 P.M. & 7:15 P.M.	220801-03

Managers Meeting

This meeting is required for all teams registered in Shoreview's leagues. Schedules, rules, information and game balls will be handed out.

Thursday, April 15..... 6:00 P.M. – 7:00 P.M.
Shoreview Community Center, Community Room

COREC KICKBALL LEAGUE

Ages 16 and up

Mondays, Starting June 7 6:10 P.M. or 7:15 P.M.
\$100 per team **Activity # 320701-01**

Various fields in Shoreview

Come on back to the playground days for the grown-up version of Kickball. Gather up your co-workers or friends, both guys and girls and put together a team. This is destined to be the best time you have had since grade school. Games are self officiated. Kickball, air pump, bases and scorebook provided. Schedule and rules emailed to team managers the week of May 31. **Registration deadline is Monday, May 24 or until league is full.**

COREC DODGEBALL LEAGUE

Ages 16 and up Wednesday evenings, starting March 31
\$140 per team **Activity # 220401-01**

Turtle Lake Elementary

Here is your chance to relive the good ol' times and see if you still have what it takes to be the last person standing. Gather your friends and co-workers to join in on the fun. Teams will play 7 officiated league games and a season ending playoff. Game times vary week-by-week and usually last 45-minutes to an hour. Any ratio of men and women may participate, including all male and all female teams. **Registration deadline is Monday, March 15 or until league is full.**

ISLAND LAKE SCHOOL ADULT DROP-IN BASKETBALL

Now to May 26 \$5 per person; pay at door

*Gym closed (Wednesdays): Feb. 17, Mar. 3.

*Gym closed (Saturdays): Feb. 6 & 20, April 17.

Wednesdays 6:30 P.M. – 9:00 P.M.
Saturdays 8:00 A.M. – 10:00 A.M.

Island Lake Elementary

Shoot baskets or join a pick-up game arranged by the players. Space limited to 30 players. Call 651-490-4750 for more info.



ADULT ACTIVITIES

FITNESS CLASSES FOR 55+

Shoreview Fitness is committed to providing fitness opportunities for individuals of all ages, fitness levels, and health status. To find the classes that best fit your needs, please see the Fitness Section on page 33.

ADULT DROP-IN VOLLEYBALL

Tuesdays and Thursdays Noon – 1:00 P.M.
Sundays 8:00 A.M. – Noon
Community Center Daily Admission Fee

Drop in for recreational pick-up matches arranged by the players.

55+ DROP-IN BASKETBALL

Wednesdays 11:00 A.M. – 12:00 P.M.
Daily admission fee required for non-members

Shoreview Community Center Gym, North Side

Shoot baskets or join a pick up game arranged by the players.
Call 651-490-4750 for additional information.

NEW! BOCCE BALL

Mondays, April 5 through May 24. 1:00 P.M. – 2:00 P.M.
\$5. **Activity # 200703-01**

Shoreview Commons – Pavilion

Discover how much fun the game of Bocce can be! Bocce is a game in which a ball is rolled along the ground with the goal of having that ball come to rest near a smaller target ball, called a Pallino. It's backyard fun behind the Shoreview Community Center this spring to play a casual game of Bocce!

INTRO CLASS TO WII BOWLING

Tuesday, March 16 1:00 P.M. – 3:30 P.M.
Free **Activity # 200402-01**

Community Center - Beachcomber Bay, Lower Level

Interested in joining Wii Bowling? Stop by for a lesson on the game and get your Mii set up!

WII BOWLING

Tuesdays, March 23 – May 25 1:00 P.M. – 2:30 P.M.
\$10 per person 1:00 P.M. **Activity # 200402-02**
. 2:30 P.M. **Activity # 200402-03**

Community Center - Beachcomber Bay, Lower Level

Wii bowling is an interactive and fun game that allows people to act out the game of bowling and get some moderate exercise while having fun! We will have limited spaces available on these days/times so sign up early! Only 4 people registered per team. Team 1 & 2 will compete from 1:00 to 2:15 pm and Teams 3 & 4 will compete from 2:30-3:30 pm. Form your own team or sign up individually!

TRAVEL TALK

Love to travel but can't find a travel companion to share the costs? We have the perfect solution! Join our group of women (55+) for treats and coffee once a month and get to know each other and become travel buddies! Socials are on **Mondays, March 15, April 19, and May 17 from 9-10 A.M.** in our Fireside Lounge.

NEW ONE DAY & EXTENDED TRIPS ADDED MONTHLY!

Casino runs, daily excursions, overnights and extended trips added monthly! Please call 651-490-4734, or stop by the Shoreview Community Center, to ask about trips we are offering.

LUNCH BUNCH!

Fridays, March 12, April 9, May 14. 11:30 A.M. – 1:00 P.M.
Dinner expense on your own tab. Pay at the restaurant.

Mar: Taste of Scandinavia, North Oaks **Activity # 200502-01**
April: Zen Asia, White Bear Lake . . . **Activity # 200502-02**
May: Rudy's Red Eye Grill, WBL **Activity # 200502-03**

Great Friends! Great Food! Great Fun! Gather up your friends and join us for lunch! Reservations are required by signing up through the Parks and Recreation Department one week prior to event. No fee to sign up. Lunch expense will be on your own.



SENIOR CINEMA

1st Friday/Month, March 5, April 2, May 7 1:00 P.M. – 3:00 P.M.
(Free will donation for refreshments)

Shoreview Community Center – Council Chambers

Check the Shoreliner newsletter for more details and movie title or by calling Lesley at 651-490-4734 the Monday prior to showing.

ONE-STROKE DECORATIVE PAINTING

Mondays 6:00 P.M. – 9:00 P.M.
\$23 Shoreview Community Center

March 8 **Activity # 200203-01**
April 12 **Activity # 200203-02**
May 10 **Activity # 200203-03**

No painting experience necessary. Fun for all ages, beginners or experienced. Have fun painting using Donna Dewberry's easy, one-stroke method where you highlight, blend, and shade in one easy stroke. Instructor will demonstrate the project step-by-step and work with you, first in practicing on a transparency and then creating the final image onto your take home gift bag. Request a supplies list at registration or call Lesley at 651-490-4734 to have one mailed to you.

If mornings work better for you, the same class is offered at Arden Hills City Hall on Mondays from 9-noon on the dates listed above. Register through the Arden Hills Park and Recreation office by calling 651-792-7848 and ask for Michelle for more information.



NEW! BINGO & BANANA SPLITS

Friday, March 12 1:00 P.M. – 3:00 P.M.
\$5 per person (includes treat & bingo) . . . **Activity # 200504-01**

Shake off the winter blues with bananas, ice cream, strawberries, chocolate syrup and B-I-N-G-O! Join us for a great afternoon of family fun! We will have lots of prizes to give away! **Register by March 1st.**

NEW! TEA FOR TWO

Sunday, April 11 1:00 P.M. – 3:00 P.M.
\$10 per person. **Activity # 200505-01**

Want to spend that special time with your grandchild? What better way than with an ole' fashioned English tea party! Open to granddaughters, grandsons, grams and gramps! Afternoon tea will be held in our beautiful Fireside Lounge. If you have a special cup bring it along! All are encouraged to dress in hats, feathers, suits and jewelry. We will serve finger sandwiches, appetizers and of course...tea (and lemonade).

NEW! BLOOMIN' GARDEN CLASSES

Thursdays, April 8 – May 13 \$40
10:00 A.M. – 11:00 A.M. **Activity # 200212-01**
6:00 P.M. – 7:00 P.M. **Activity # 200212-02**

Shoreview Community Center

Join in on the "green" fun! After a series of classes learning many different aspects of gardening topics and much more we'll reward ourselves by helping beautify the Shoreview Community Center entry island with planting annuals! Planting date will be mid May and announced during the workshop.

FREE! ACTIVITIES AT THE COMMUNITY CENTER

500

Mondays at 12:30 P.M. No sign up or partners required

Bridge

Thursdays at 12:30 P.M. No sign up or partners required

Bingo

With prizes! Last Wednesday of the month (March 31, April 28, May 26) at 1:00 P.M. (\$0.25 per card-no min/max cards)

American Hand and Foot

Wednesdays, March 3 – May 26 1:00 P.M. – 3:00 P.M.
No cards April 7

Beginning & Refresher Bridge Lessons

Learn to play the basics of bridge or if you need a brush up on the game, join our refresher course! **Table Reservations Required: call Lesley 651-490-4734.**

Mondays (March 8, April 12, May 10) Free
Refresher 1:00 P.M. – 3:00 P.M.
Beginner 3:00 P.M. – 4:00 P.M.

ADULT ACTIVITIES

AARP DRIVER SAFETY PROGRAM

The AARP Driver Safety program is designed for motorist's age 55 and older. Upon completion of one of these seminars, you will be entitled for a discount on your auto insurance premium. For the first time, one attends the 8-hour seminar. To retain the insurance premium discount, everyone should attend the 4-hour refresher seminar every 3 years. Please bring your current driver's license with you. Seminars are taught by AARP-trained volunteers and are offered to you at a very nominal fee through Shoreview Parks and Recreation. Registration deadline is 3 days prior to the class.

AARP member cards MUST BE PRESENTED at the time of registration to qualify for member rates.

All classes held at Shoreview Community Center
 * Discount not available on-line.

8 Hour Courses

AARP Member Rate: \$20*; Non-Member Rate: \$22
 5:30 P.M. – 9:30 P.M.
 April 6 & 8 **Activity # 250204-01**

4 Hour Courses

AARP Member Rate: \$16*; Non-Member Rate: \$18
 5:30 P.M. – 9:30 P.M.
 March 10 **Activity # 250202-01**
 April 22 **Activity # 250202-02**
 May 27 **Activity # 250202-03**
 AARP Member Rate: \$16*; Non-Member Rate: \$18
 9:00 A.M. – 1:00 P.M.
 March 4 **Activity # 250201-01**
 April 19 **Activity # 250201-02**
 May 11 **Activity # 250201-03**



AARP TAXAIDE

Wednesdays, Now through April 14 . . . 9:00 A.M. – 1:00 P.M.
 Community Center - Beachcomber Bay, Lower Level

If you are over 60 years old and need tax assistance, AARP's Tax-Aide volunteers will provide FREE tax assistance to low and moderate income taxpayers. The trained volunteers can complete basic tax forms and answer your tax questions. Bring your current tax records and a copy of last year's tax return. Appointments are necessary. Please call 651-490-4750.

FOOT CARE CLINIC

First Wednesday/Monthly . . . Appointments between 9:00-3:00
 \$34 (\$17 deposit due at time of reservation)
 Shoreview Community Center
 March 3 **Activity # 200401-01**
 April 17 **Activity # 200401-02**
 May 5 **Activity # 200401-03**

A licensed and insured healthcare nurse will conduct a foot-care clinic by appointment only. Basic foot care will be provided by Footworks; includes foot soak, removal of minor corns/calluses, nail trim, and massage for circulation. Sign up for this activity in person at the Parks and Recreation desk Monday-Friday, 8 A.M.-4:30 P.M., to select appointment time. For additional information, please call 651-490-4750. A deposit of \$17 is due to reserve an appointment. Balance is due at time of service.

Who are the Shoreliners and what do they do?

The Shoreliners are directly sponsored by the Parks & Recreation Department. The object of this organization is socialization, making new friends, and the expansion of opportunities for personal growth through scheduled monthly activities. The members of this organization are men and women, 55+ years of age that enjoy participating in a variety of activities. The Shoreliners meet monthly on the third Tuesday of each month, either inside the community center or participating in outside activities. Shoreliners are governed by an elected panel of officers who commit to a two-year term (President, VP, Treasurer and Secretary).

Interested in joining?

Send \$10 for 2010 annual dues to:

Bev Stilwell, Treasurer
500 W Cty Road J
Shoreview, MN 55126

Shoreliner Newsletter

If you are interested in receiving our newsletter with program and event information, call Lesley at 651-490-4734 to have your name put on our mailing list.

Shoreliner Display Case

The Shoreliners have a beautiful oak and glass display case gifted from the City that can be used to showcase any unique collection! Please call Eileen Kath at 651-484-4853 to reserve space in the cabinet. The case is locked to protect your valuables and is located outside of the Parks and Recreation office for the public to enjoy during their visit to our center!

COMMUNITY INFORMATION

THE ADAPTIVE RECREATION CLUB

The Adaptive Recreation Club is a joint effort between the Parks and Recreation Departments of Arden Hills, Mounds View, New Brighton, Shoreview, Vadnais Heights, and School District #621.

The club is designed primarily for teens, ages 13 and up, who have mild mental and/or physical handicaps and are receiving special educational service through School District #621. The program meets twice a month (for a total of 8 times). The teen club meets on Friday nights from 7–9 P.M. and provides a variety of indoor and outdoor recreational and social activities such as sport night, hayrides, field trips and movie nights. The fall session runs September through December. The spring session runs January through May. Instructor ratio is 1 to 6. For program and fee information, please call Pat Tuma at the New Brighton Parks and Recreation Department at 651-638-2123.

ADAPTIVE BOWLING

The Adaptive Bowling program is open to all special education students (7th grade through young adult) in the Mounds View School District. Participants will bowl at the Mermaid Lanes on Saturday mornings from 9:15 to 11:30 A.M. Staff includes two supervisors plus volunteers. The program runs for 10 weeks. Fees cover bowling, shoes and supervision. There will be a bowling banquet with awards at the end of the session. For more information on the exact starting date and fee, please call Pat Tuma at the New Brighton Parks and Recreation Department at 651- 638-2123.

NORTHWEST YOUTH AND FAMILY SERVICES

Northwest Youth and Family Services, a non-profit social service agency based in Shoreview, has been serving residents of the northern suburbs for over 26 years. Services include mental health counseling for youth and adults, employment programs for at-risk youth, parenting support groups, and chore services for seniors. For a full listing of programs and services, please visit our web site at www.nyfs.org or call us at 651-486-3808.

ADAPTIVE KICKBALL LEAGUE

Ages 12 and up

Mondays, Starting June 14 6:10 P.M. or 7:15 P.M.
\$100 per team **Activity # 320701-02**

Various fields in Shoreview

Come on back to the playground days for the grown-up version of Kickball. Gather up your friends and family members, both guys and girls and put together a team. This is destined to be the best time you have had since grade school. Games are self officiated. Kickball, air pump, bases and scorebook provided. Schedule and rules emailed to team managers the week of June 7. **Registration deadline is Friday, May 28 or until league is full.**

COMMUNITY INFORMATION

FOOD SHELF DONATIONS

The Community Center is a year-round drop-off site for the Ralph Reeder Food Shelf. When you pack your gym bag, include a non-perishable food item to contribute to the food shelf. Look for the green bins. Thank you!

MEALS ON WHEELS

The Meals On Wheels program is available to eligible seniors and certified, disabled individuals (regardless of age) who are residents of Mounds View School District 621. Hot, nutritious noon meals are delivered by volunteers Monday through Friday, except on holidays. For more information, call 651-490-4770.

SENIOR CHORE SERVICE

Need assistance with household chores? Students ages 12 to 17 are available to assist with mowing, snow shoveling, housecleaning and other projects on a one-time, weekly or monthly basis. Rates are affordable and financial assistance is available to eligible seniors to offset the cost. Call Debbie at 651-379-3451 to arrange for chore service.



ATHLETIC ASSOCIATIONS

Shoreview Area Youth Baseball
www.sayb.org

Irondale Baseball Assoc.
Gerald Arel 763-780-7360
www.geocities.com/ibl_baseball/

Mounds View Basketball Assoc.
Hotline: 651-631-1943
www.moundsviewbasketball.com

Mounds View Youth Football League
www.moundsviewyouthfootball.org

Irondale Youth Hockey Association
Jeanne Falconer 763-458-5946
www.iyhaleague.org

Irondale Girls Fastpitch
Chuck Hauble 651-633-3741
Jane Norgren 651-633-6063
www.knightsfastpitch.org

Mounds View Hockey Assoc.
Debbie Teske 651-483-3498
www.mvhockey.org

North Suburban Soccer Assoc.
www.nssasoccer.org

Mounds View Softball Assoc.
Patti Jo Fitzpatrick 612-849-5648
www.mvsafastpitch.org

North East Tennis Assoc.
Lynn Erickson 651-484-0100

Mounds View Rugby Club
Hotline: 612-656-0518
www.moundsviewrugbyclub.com

Iron Mustang Wrestling
612-590-2114
www.ironwrestling.com

North Suburban Aquatic Club
www.nsmakos.org

Roseville Area Youth Hockey
www.rosevillehockey.org
612-817-5159

Shoreview Recreation Areas



Web Page: www.shoreviewmn.gov

	Acres	Ballfields	Basketball Court	Football/Soccer	Hardcourt Area	Hockey Rinks	Paths	Picnic Areas	Playground Eq.	Shelter	Skating, general	Skating, Speed	Soccer	Swimming	Tennis Courts	Volleyball
Bobby Theisen Park Cty Rd E & Vivian East & West of Island Lake School	15		1										1		3	
Bucher Park 5900 Mackubin North on 49, right on Elaine	25	2	1										1		2	
Chippewa Middle School 5000 Hodgson Rd		3											2		5	
Emmet Williams Elem. School 955 Cty Rd D—Between Lex. & Cty Rd D		2														
Island Lake Elem. School 3555 N. Victoria—Victoria & Cty Rd E		2														
Lake Judy Park 900 Tillerun – Arboast & Richmond	5		1/2													
McCullough Park 915 County Rd I North on Lexington, right on Cty Rd I	75	2	1					 With grill					1		2	
Ponds Park 190 Sherwood Road Sherwood and Pond Drive	1							 Table only								
Rice Creek Fields 5880 Rice Creek Parkway	10	4														
Shamrock Park County Road I & Snelling N. on Lexington to Cty Rd I, W. 2 miles	23	2	1					 With grill					1		2	
Shoreview Commons and Community Center 4650 North Victoria	40	2	1					 With grill					1		2	
Sitzer Park 4344 Hodgson	8	2	1					 With grill							2	
Snail Lake Elementary School Highways 49 and 96		2														
Turtle Lake Elementary School Country Road I & Lexington		2														
Wilson Park 815 County Road F 1 block W. of Victoria, North of 694	13	2	1					 Tables Only With grill							2	

The following are recreation areas operated by Ramsey County Parks and Recreation and located within the City of Shoreview. For more information on these parks, please call 651-748-2500. www.co.Ramsey.mn.us

	Acres	Boat Ramp	X-Country Skiing	Fishing	Hiking Trails	Hockey Rinks	Golf Course	Paths	Picnic Areas	Playground Eq.	Shelter	Swimming
Island Lake County Park 3611 Victoria Street	167											
Lake Owasso County Park 370 N. Owasso Blvd.	9											
Shoreview Ice Arena 877 Highway 96 (Hockey only)												
Snail Lake Regional Park 580 Snail Lake Blvd.	400											
Turtle Lake County Park 4979 Hodgson Road	9											



Program Registration Form

Shoreview Parks & Recreation Department ■ 4580 Victoria St. N., Shoreview, MN 55126
Telephone 651-490-4750 ■ Fax 651-490-4797 ■ Website www.shoreviewmn.gov

Register online at <https://registration.shoreviewmn.com>. In order to aid staff in processing registrations, please be sure to fill out registration forms completely. An incomplete form may delay your registration from being processing. Thank you!

LAST (PARENT'S/GUARDIAN'S NAME IF APPLICABLE)

FIRST

HOME PHONE (AREA CODE)

ADDRESS

CITY

ZIP

WORK PHONE (AREA CODE)

E-MAIL ADDRESS

EMERGENCY CONTACT NAME

PHONE (AREA CODE)

Participants First/Last Name	M or F	Date of Birth	Activity# 1st Choice	Activity# 2nd Choice	Activity Name/Level	Activity Time	Activity Location	Grade (if needed)	Per Person Fee

REFUND POLICY Fees, less \$5.00, refunded only if cancellation made five working days prior to the start of activity. Full refunds given only if Parks & Rec. Dept. cancels activity. Classes may cancel due to issues such as low enrollment.

Total Amount Enclosed \$

CONFIRMATION Confirmations will be issued by e-mail if an e-mail is provided. You can also view your class confirmation information on-line. See page 19 of the current issue of the ShoReview for complete details on on-line access.

Are you currently a Community Center member? ☐ Yes ☐ No

Have you registered for classes here before? ☐ Yes ☐ No

Have you moved recently? ☐ Yes ☐ No

Please include your Client ID# (if you know it): _____

YOUTH SPORTS LEAGUES

Special Requests for Teammates are not guaranteed and are limited to one request per player. Group and/or chain requests not honored. The City encourages players to make new friends and develop social skills. If you sign up as a head coach, your child's registration will be reimbursed after season.

I would like to coach _____

Name of teammate request _____

School child attends _____

Grade _____

T-Shirt Size _____

PAYMENT TYPE

If paying by credit card, please circle type.

☐ Cash ☐ Check # _____ ☐ Credit Card:



Checks payable to City of Shoreview.

Card # _____ Exp. Date _____

Signature _____

☐ Billing address is different from above (Please include billing address)

To better serve our participants, we ask that you note any information you feel our staff should be aware of (i.e. disability, allergy, special needs, etc...)

WAIVER FOR PARTICIPANT In consideration of your accepting my child's entry or my entry, I hereby, for myself, my child, my heirs, executors and administrators, waiver and release any and all rights and claims for damages I or my child may have against the City of Shoreview, the Parks and Recreation Department, or the school district and its representatives, successors and assigns for any and all injuries suffered by myself or my child at any activity sponsored by these groups. I do hereby allow the City of Shoreview to use any photographs taken by the city, of the individual(s) named herein, in city informational publications released to the general public.

Signature: _____

Your signature indicates you have read the registration information and understand all information relevant to your program choice.

Spring Registration Schedule

Registrations processed online are given immediate priority followed by in-person registration. Registrations received via mail, fax, or drop-off are processed as time permits.

Shoreview Resident Priority

Shoreview residents are given first priority in registering for Parks and Recreation programs.

Tuesday, February 23

On-line registration for residents begins at 8:00 a.m.

Tuesday, March 2

In person, mail, fax, and drop-off registration begins at 8:00 a.m.

Annual Community Center Member Registration

Tuesday, March 2

In-person, mail, fax, and drop-off registration begins at 8:00 a.m.

General Registration

Anyone may register at this time. No residency or membership required.

Thursday, March 4

On-line registration begins at 8:00 a.m.

Tuesday, March 9

In-person, mail, fax, and drop-off registration begins at 8:00 a.m.

Register Early!

Space is limited in most activities.

Registration Information

For registration forms, see pages 62.

- Drop-off points include:
 - The Parks and Recreation Reception Desk, Monday through Friday, 8:00 A.M. to 4:30 P.M.;
 - The Shoreview Community Center Service Desk, (for hours, see page 18)
 - The after-hours payment box, to left of front door of City Hall.
- Occasionally, activities are filled. To help continue the immediate processing of your enrollment, please indicate a second choice. If your first choice is full, we will call or email you confirming enrollment in your second choice.
- A resident is defined as an individual whose legal residential address is within the City of Shoreview.
- Activity fees may not be pro-rated.
- Make all checks payable to the City of Shoreview. Visa or MasterCard are accepted.
- Registrations will be processed at the Parks and Recreation desk from 8 A.M. to 4:30 P.M. Participants are notified if classes are filled or canceled. If a class is canceled due to insufficient registration, a refund check will be mailed to you. Confirmations will be issued only by e-mail. You can view your class confirmation information on-line. See page 27 for complete details on on-line access. On-line registrations receive a higher priority than registrations that are in-person, mailed, faxed, or dropped off.
- The City of Shoreview supports participation by persons with disabilities. Please include information about any accommodations you need.
- Refunds may be issued when requested 5 working days before the activity or class unless otherwise noted in the class description. A service charge of \$5 will be deducted from each refund. Unfortunately, at times classes may need to be cancelled due to issues such as low enrollment. Any approved refund will be issued by check from the City of Shoreview. Checks generally take 3 to 4 weeks from date of refund approval to be processed and mailed.
- Financial aid for qualifying residents with financial limitations is available.
- Voice/TDD: 651-490-4750.
- Periodically, the City of Shoreview will take pictures or videotapes of participants while they are engaged in programs, activities, or special events or while enjoying parks or other facilities. Please note that these photos may appear in city brochures and publications, local newspapers, on local cable television, and/or on the city web page. If you or your family members do not wish to be photographed or published, you must give written notice.

EASY 5 WAYS TO REGISTER

- On-line payment by Visa & MasterCard only
- Mail-in
- Fax 651-490-4797 payment by credit card only
- Drop-off
- In-person





Program Registration Form

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I would like to coach _____

Name of teammate request _____

School child attends _____

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Card # _____ Exp. Date _____

Signature _____

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Signature: _____

Your signature indicates you have read the registration information and understand all information relevant to your program choice.

SUMMER PREVIEW!

Shoreview Parks and Recreation offers a wide variety of summer programs for you and your family. The Summer ShoreViews will be in mailboxes in early April. Additional information will be sent home with students in their school folder.

ADVENTURE QUEST

June 14–August 5

Tiny Trekkers Age 3 to 4

Travelers Age 4 to 7

Explorers Age 7 to 11

Adventure Quest Playgrounds

It's time to join us for the journey of a lifetime this summer! You won't want to miss Adventure Quest, the new and improved version of Shoreview Parks and Recreation's Summer Park Program. We will trek through the summer on an adventure exploring our parks through various sports, crafts, games, songs, and other special events. Your child's summer staff will guide them through this adventure leading activities that will challenge your child in a non-competitive, fun environment. Specific programs dates and times will come out in the summer edition of the *ShoreViews*.

OUTDOOR GAMES

Ages 8 to 11

Participate in an assortment of exciting sports. We'll play Sand Volleyball, Ultimate Frisbee, Bocce Ball, Broomball, Kickball, and other sports.

SHOREVIEW FARMERS' MARKET

Tuesdays

July 6–October 5 3:00 P.M. – 7:00 P.M.

October 12 & 19 3:00 P.M. – 6:00 P.M.

Community Center Lower Level Parking Lot

To receive an application for our summer market contact Lesley at 651-490-4734, lyoung@shoreviewmn.gov or download an application at www.shoreviewmn.gov.

SPECIAL EVENTS

Wet and Wild Waterslide Join us on select Friday afternoons at Commons Park and slip down our giant waterslide!

Friday Adventures Adventure out with us this summer on our Friday trips as we take in the hot spots of the Twin Cities.

PuppetWagon The puppet wagon will be performing at various parks throughout the summer. Look for more information in the summer *ShoreReview*.

Safety Camp We will have a one-day Safety Camp with an evening kick-off for children ages 7 through 11. Special activities and presentations will enhance your child's ability to react to a variety of situations.

SUMMER CAMPS

Whether it is sports, science, or drama, we have the summer camp for your child! These camps are instructed by experienced coaches, teachers, and highly trained instructors. Your child will expand their knowledge, practice skills, and have a great time in our summer camps. Below is a list of some of the camps we offer.

- Basketball
- Volleyball
- Soccer
- Track
- In-Line Skating
- Cheerleading
- Golf
- Lacrosse
- Drama
- Science
- Art

CONCERTS AT THE COMMONS!

Wednesdays, June 16–August 18 7:00 P.M.

Commons Pavilion

The fourth annual Shoreview Summer Concert Series! Come join the City of Shoreview and celebrate with a summer full of music for the whole family. Bring your blanket and a picnic dinner and make it a tradition.



City of Shoreview
4600 Victoria Street North
Shoreview, MN 55126

Presorted Standard
U.S. Postage Paid
St. Paul, MN
Permit No. 5606

Celebrate With Us!



CALL
651.490.4790
FOR MORE
DETAILS!



Shoreview Pavilion

- A great place for graduation parties, family reunions & wedding ceremonies!
- Enjoy the beautiful setting outside during your next event.

Banquets & Ballrooms

- Perfect for wedding receptions, corporate events, dinners & dances.
- Elegant rooms, indirect lighting
- Audio/Visual equipment
- Seating for up to 300 people.